

THE BLACK LENSTM

NEWS FROM A DIFFERENT PERSPECTIVE

"No New Jail"

Community Groups Say Alternatives Should Be Tried First

On November 8, 2018, two days after the November 6 election, a story was printed in the Spokesman Review titled: "Spokane County officials revisit plans for a new jail". In response to that article and to what is perceived to be a renewed effort by local officials to finance the building of a new jail, Spokane Community Against Racism (SCAR) held a community meeting to mount a challenge against those efforts.

The meeting, held on Monday, March 25 at Morning Star Missionary Baptist Church, drew over one hundred people who heard from several community groups who offered background information, data, and perspectives on their opposition to the new jail.

The meeting began with Pastor Walter Kendricks sharing the history of how SCAR came into existence, in the aftermath of the shooting death of William Poindexter and the subsequent acquittal of his killer. It included speakers



from a number of area social justice organizations, including Liz Moore, Executive Director of the Peace and Justice Action League (PJALS) and Chair of Smart Justice Spokane; Cam Zorrozuva, an attorney with the Center for Justice, Layne Pavey, Executive

Director of I Did The Time, Sabrina Helton, a client advocate with the Bail Project; Nikki Lockwood, a parent organizer for the Every Student Counts Alliance; Curtis Hampton, a member of SCAR; and Kurtis Robinson, Spokane NAACP President, who was out

of town, shared his sentiments via video. Before passing the microphone to the first presenter, Pastor Kendricks, who facilitated the meeting, declared unequivocally, "I am opposed to a new jail, just so you know."

That sentiment was echoed by most in attendance, and while the reasons behind their opposition were varied, there were several themes that reverberated throughout the evening.

Of primary concern, Liz Moore and others questioned why recommendations from both the 2008 Bennett Report and the 2013 Blue Print for Reform have not been completed in advance of discussions regarding a new jail.

The Bennett Report, produced by David Bennett, a consultant hired by the county to examine Spokane's justice system, produced over a dozen recommendations that could impact the available jail space.

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ACLU Sues the FBI Over "Identity Extremists"



On March 21, 2019, the American Civil Liberties Union (ACLU) and Center for Media Justice (CMJ) filed a Freedom of Information Act lawsuit seeking records about FBI targeting of Black activists.

The lawsuit enforces the ACLU and CMJ's right to information about a 2017 FBI Intelligence Assessment that asserts, without evidence, that a group of so-called "Black Identity Extremists" poses a threat of domestic terrorism. The Intelligence Assessment was widely disseminated to law enforcement agencies nationwide, raising public concern about government surveillance of Black people and Black-led organizations based on anti-Black stereotypes and First Amendment protected activities.

In August 2017, the FBI's Counterterrorism Division issued a secret Intelligence Assessment that claimed the existence of

"Black Identity Extremists Likely Motivated to Target Law Enforcement Officers" ("Assessment") and labeled the group a new domestic terror threat. The Intelligence Assessment was disseminated to more than 18,000 law enforcement agencies across the country and was subsequently leaked to the press. The document contains troubling revelations about the FBI's targeting of Black people for surveillance, investigation, and prosecution based on unsupported allegations about a fictitious group of so-called "Black Identity Extremists."

The Intelligence Assessment asserts, without evidence and based on flawed logic, that six isolated incidents of violence against police officers by Black people purportedly demonstrate the existence of a shared ideology motivating violence against law enforcement.

Continued on Page 18

ON MY MIND

THOUGHTS FROM THE EDITOR

by Sandra Williams

A Lesson in Self-Care



So, the Gonzaga basketball game just started and I have a choice right now to either sit here and stew over something profound to say. Or to go watch the Zags play North Carolina State.

What I've learned over the course of my life is that if I don't take time to do things that I enjoy from time to time, I am much less effective at doing the things that I need to do.

So....

Go Zags.

I'll be back next month.

***Editor's note. I mistakenly said that Gonzaga was playing N.C. State when it was actually Florida State. I knew it was somebody state. Smile. I am making this correction after the fact to the PDF, but the mistake will remain in the printed copy. Gonzaga defeated Florida State. Go Zags!!!*

THE BLACK LENS NEWS

The Black Lens is a community newspaper, based in Spokane, WA, that it is focused on the news, events, issues, people and information important to Spokane's African American/Black Community and beyond. The paper is published on the first of each month.

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POETRY AT THE PODIUM

Open Call for Submissions



In 2019, Spokane poets will raise their voices at Spokane City Council Meetings.

Interested in reading?

Submit one poem via the Submittable portal below:

<https://spokanearts.submittable.com>



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YOUNG, GIFTED AND BLACK



Sankofa Bird

*It is not taboo to return to fetch
something which has been forgotten.*

A Cultural Salute for Outstanding Academic Achievement

Saturday, April 27, 2019 ♦ 2:00pm

Gonzaga University – Hemmingson Ballroom

Spokane, Washington

The African American Graduation Celebration Committee

BLACK NEWS HIGHLIGHTS

Local, State, National and Around the World

Anita Hill to Receive 2019 Pen Courage Award

(Source: pen.org)

Anita Hill, professor, lawyer and chair of The Hollywood Commission on Eliminating Sexual Harassment and Advancing Equality, will be honored with the PEN Courage Award by PEN America. Hill is being honored in recognition of "her singular role in challenging sexual harassment in the workplace and the attendant abuse of power, and a career spent combating the silencing force of sexism." The award will be presented on May 21 at the 2019 PEN America Literary Gala at the American Museum of Natural History in New York City.

In a press release PEN America noted that in 1991, Hill served as a witness during the confirmation hearings of Supreme Court Justice Clarence Thomas. She gave her testimony before a Senate Judiciary Committee of 14 white men and a global television audience. She described numerous instances of sexual harassment while working for the soon-to-be Supreme Court Justice in the U.S. Department of Education’s Office for Civil Rights and the Equal Employment Opportunity Commission. Other women who had made similar allegations against Thomas were not called to testify.

“As a Yale Law School graduate pursuing a promising career as a legal scholar and lawyer, Anita Hill stepped alone into the glare of the public spotlight to call out abuses that others insisted be forgotten or overlooked. She has devoted her life since then to teaching, writing, and speaking out—in the process, helping to catalyze a global movement that is essential to the achievement of



equality,” said Suzanne Nossel, Chief Executive Officer of PEN America. “Today, amid a worldwide reckoning over pervasive sexual harassment, Hill is leading a major effort to break the cycle of abuse and silence in Hollywood, rallying the entire entertainment industry to effect cultural change and establish accessible and clear channels of safety and accountability. As an organization that recognizes the pernicious force of inequality in eroding the right to free expression, and one that elevates those who take the greatest risks to speak out, PEN America is proud to honor Anita Hill.”

In her career as a university professor and scholar, Hill has been a steadfast champion of women’s rights. She joined the faculty of Brandeis University in 1998 and in 2015 was named University Professor of Social Policy,

Law, and Women’s Studies. She is the author of two books (Speaking Truth to Power and Reimagining Equality: Stories of Gender, Race, and Finding Home) and numerous opinion pieces (including a New York Times piece entitled “How to Get the Kavanaugh Hearings Right,” published during the confirmation hearings of Supreme Court Justice Brett Kavanaugh).

In December 2017, Hill was appointed Chair of The Hollywood Commission on Eliminating Sexual Harassment and Advancing Equality, which was established by a coalition of Hollywood studios, television networks, streaming services, music companies, talent agencies, trade associations, and unions. In this role, she is leading an industry-wide effort to identify and establish best practices and solve problems related to harassment, bias, equality, and diversity in the entertainment community.

Hill received her J.D. from Yale Law School in 1980 and began her career in private practice in Washington, D.C., where she also worked at the U. S. Education Department and Equal Employment Opportunity Commission. In 1989, she became the first African American to be tenured at the University of Oklahoma, College of Law where she taught contracts and commercial law. She is currently teachings courses on gender, race, social policy, and legal history at Brandeis University in Massachusetts. She is the recipient of numerous awards, grants, and honorary degrees. Her professional and civic contributions include chairing the Human Rights Law Committee of the International Bar Association and membership on the Board of Directors of the National Women’s Law Center.

San Fracisco Man Awarded \$13.1 Million After Jury Says Police Framed Him For Murder



(Source: sacramento.cbslocal.com, photo credit: Yahoo.com)

After spending more than six years in prison for murder, Jamal Trulove is expected to received a \$13.1 million settlement from the city of San Francisco.

Trulove, who was an aspiring actor and hip-hop artist in 2007 when he was arrested or the murder of his friend and neighbor. He was convicted by a jury of murder in 2010 and he was sentenced to life in prison.

In 2014, an appeals court overturned Trulove's conviction and ordered a new trial. He was acquitted in a 2015. In 2018, Trulove sued the San Francisco police department and four officers claiming that they fabricated evidence, coerced a key eyewitness and withheld vital information.

In 2018, a federal jury ruled that Trulove's Civil Rights had been violated by the two lead homicide detectives, Michael Johnson and Maureen D’Amico and awarded him \$14.5 million. He accepted a \$13.1 million offer in exchange for the city’s dropping of its appeal.

According to the jury, the detectives showed an eyewitness a single photo of Trulove to identify the suspect, rather than a lineup that included photos of other people, and there was evidence that the detectives were aware of another suspect who they failed to investigate. The four officers named in Trulove’s lawsuit have retired.

Black and Indigenous Mexicans Receive Rights Guarantee From Government



(Source: David Love, Atlantablackstar.com/2019; Photo Credit: Wikimedia Commons)

The Mexican government has created a national institute to guarantee the rights of indigenous people, including the nation’s 1.4 million Afro-Mexicans.

The Mexican Senate enacted a law creating a National Institute of Indigenous Peoples — Instituto Nacional de los Pueblos Indígenas — that recognizes indigenous groups’ right to self-determination and autonomy. This includes the right of these groups to be consulted by the government on matters impacting them and includes Afro-Mexicans among these indigenous populations.

Indigenous people in Mexico, including Mexicans of African descent, experience poverty, discrimination and a lack of access to education. Black Mexicans also face racial harassment and are stopped by police and accused of being undocumented Cuban or Central American immigrants.

Known as Mexico’s “third root,” the often hidden Black people of Mexico are concentrated in the southwestern states of Oxaca and Guerrero, known as the Costa Chica on the southwest Pacific coast of the country, and Veracruz along the Gulf of Mexico. Around 200,000 African people were kidnapped and forced to come to Mexico via the Middle Passage, and by the early 17th century, Mexico had the largest African population in the Americas, and during the period of colonization it had more Africans than Europeans through 1810.

8-year-old Refugee crowned chess champion in New York



Source: Paula Rogo, Essence.com; Photo Credit: Russell Makofsky/AP)

Tanitoluwa Adewumi, an 8-year-old chess player whose refugee family had been living at a homeless shelter for the past two years, won first place for his age group (Top Players K - 3rd Grade) at New York Chess competition without a single defeat and was named a New York State Primary Chess Champion according to the Washington Post.

Adewumi's family moved to the U.S. two years ago as refugees after fleeing the extremist group Boko Haram and had been living in a homeless shelter ever since. The third-grader started playing a year ago and it excited him.

One of Adewumi's chess coaches took advantage of the publicity he received after the chess competition to start a GoFundMe page, which raised over \$223,550 in a week and allowed the Adewumi family to move into an apartment.

“It’s a wonderful day because God made it happen,” Tani’s dad Kayode Adewumi told NBC News 4. “Thank you to the United States of America for being supportive,” his mother, Oluwatoyin Adewumi added.

As for Tanitoluwa Adewumi, he has plans to one day become the youngest chess grandmaster.

Visit: <https://www.gofundme.com/f/just-tani>.

BLACK NEWS HIGHLIGHTS

Local, State, National and Around the World

‘Black Farmers’ Gear up for Legal Fight After Appeals Court Setback

By Dr. Sybil C. Mitchell, Special to the New Tri-State Defender

(Blackpressusa.com) The Black Farmers and Agriculturalists (BFAA) recently hit a snag when the U. S. Court of Appeals, District of Columbia Circuit, denied the group’s complaint against the United States Department of Agriculture.

“It was anticipated that the quest for justice and the cash award for BFAA’s 20,000 members for past years of racial discrimination could be won,” said Bishop David A. Hall Sr., ecumenical support advisor for BFAA. “The fight is very costly, but the dues of BFAA’s members afford the Association the opportunity to continue vigorous legal action on behalf of Black farmers and their heirs.”

The descendants of Earnest Lee Boyland from Mason, Tenn. filed a lawsuit in the 1990s alleging that the USDA adhered to discriminatory policies against African-American farmers between the years of 1983 and 1997 when loans and other assistance programs were systematically denied to “Black farmers.”

Others joined Boyland’s heirs in a class action and in 1999 an appellate judge agreed approving a settlement. By 2011,



\$1.06 billion had been paid to 16,000 growers across the country.

Tens of thousands missed the September 2000 deadline to file a claim under the initial ruling. To remedy this, Congress added a 2008 provision to the Farm Bill, allowing them to petition the court for their portion of the settlement. In 2010, Congress appropriated \$1.2 billion for the second round of settlements.

The BFAA’s fight for nearly a decade has been to have the money already set aside to pay the additional class-action claims be actually paid to farmers and their heirs. Some have passed away over the past decade, waiting for redress.

Previously, this same court had denied the USDA’s motion for a summary ruling, which would have dismissed the claims of the additional litigants. BFAA President

Thomas Burrell called that decision a monumental one that “vindicates our movement and vindicates the organization.”

Attorneys for the BFAA contended that a private claims administrator hired by the USDA improperly denied the plaintiffs’ efforts to join the second phase of settlements.

The attorneys for the 20,000-member organization had argued before a panel of judges with the District of Columbia Third Court of Appeals on October 1, 2018, in Washington, DC.

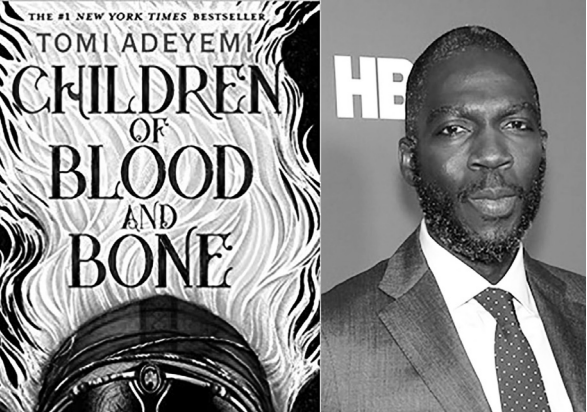
Although the latest decision announced by the Circuit Court caught BFAA by surprise, the issue is nowhere near over, Hall said.

“We will make the correct assessment of the ruling and will file appeals appropriately. BFAA is prepared for a fight.”

Hall, who is a farmer, said the Black Farmers and Agriculturalists Association is undeterred from its pursuit of social injustice, rectifying rural and urban disparities and demanding fair and equitable policies for African Americans.

“(BFAA) stands on its convictions that this nation has a moral and social responsibility to provide equal treatment under the law.”

Director Rick Famuyiwa To Helm Adaptation Of YA West African Fantasy Novel



(Source: Shadowandact.com; Borys Kit, www.hollywoodreporter.com)

Rick Famuyiwa has been selected to direct a film adaptation of "Children of Blood and Bone," the popular YA (young adult) West African-inspired fantasy novel from Nigerian-American author Tomi Adeyemi.

The book, according to the Hollywood Reporter, is set in a magic-infused kingdom named Orisha, where a young woman named Zelie Adebola witnesses the death of her mother and other magicians under the order of a ruthless king. Adebola has a chance to restore magic to her land but has to first team up with a rogue princess and outwit and outrun a crown prince.

The novel was acquired by Fox 2000 before it had even been published and the seven-figure deal that Adeyemi received from Macmillan Children’s Publishing Group was said to be one of the biggest YA debut novels publishing deals ever. Children of Blood and Bone is the first novel in a planned trilogy. The second book in trilogy, "Children of Virtue and Vengeance," is set to be released in June 2019.

Famuyiwa, a screenwriter, producer and director of films like The Wood, Brown Sugar and Dope has a degree in Cinema-Television (Production) and Cinema-Television (Critical Studies), both from the University of Southern California (USC). He recently directed Kerry Washington as Anita Hill in the HBO film, Confirmation, and is also directing episodes of the Star Wars series, The Mandalorian, for Disney+.

Jaden Smith's Foundation To Provide Filtration System to Clean Flint, MI Water



(Source: AP, J www.freep.com; Jay Connor, thegrapevine.theroot.com; Cara Ball, WCPO.com/Cincinnati)

Twenty-year-old Jaden Smith's JUST Goods Foundation has partnered with First Trinity Missionary Baptist Church bring clean water to Flint, Michigan.

Smith, son of Will and Jada Smith, is a rapper, actor and co-founder of the eco-friendly company that collaborated with First Trinity to design, engineer and deploy a mobile water filtration system, known as "The Water Box", that reduces lead and other potential contaminants. First Trinity Missionary Baptist Church has been on the front line of the battle to restore drinkable water to Flint. The church has distributed over 5 million bottles of water to residents, but bottled water donations are on the decline.

The Water Box will produce up to 10 gallons of clean drinking water per minute. The water will be tested each day with use, as well as every few weeks by an independent and certified laboratory. Residents will be able to fill any container of their choice with the clean water. The filtration device will be available through the church with set distribution times.

Flint's water crisis began in April 2014 after the city's water source was switched from the Detroit River to the Flint River without properly treating it to reduce corrosion. Lead began leaching from pipes, which resulted in city-wide lead contamination of public drinking water.

“This has been one of the most rewarding and educational experiences for me personally,” Smith said.

Antoinette Harris Becomes the First Female Football Player to Receive Full Scholarship



(Source: Jazzi Johnson, Blavity.com; Steve Almasy, CNN.com)

Antoinette Harris (Toni), a Detroit native, has become the first female football player to sign a letter of intent to attend college on a full football scholarship. In an interview with Blavity News, Harris shared that she's been a football fan since she was four years old.

"My interest started when I was younger, watching my cousin play for the Westside Steelers," Harris old Blavity. "I had always been a big fan of cheerleading and track-and-field, but I wanted to do something different." When she first joined the team, Harris told Blavity, her teammates weren’t very accepting. "It took them some time to warm up to me, but once they did, they were loving, they were supportive — and eventually everybody else got on board."

At the age of 18, Harris was diagnosed with ovarian cancer and lost half of her body weight. After she went into remission, she moved to California to play for Golden West College, but the coach wouldn't allow her to play, saying she wasn't a football player. After a year, she enrolled in East Los Angeles College (ELAC) to play free safety for the community college team.

Harris spent two years working with ELAC coach Bobby Godinez, then fielded several scholarships offers before ultimately committing to Central Methodist University, an NAIA school. In January, Harris also starred in a Super Bowl commercial for Toyota's RAV4 Hybrid.

Harris hopes to be the first woman to play in the NFL and to play for the Seattle Seahawks, her favorite team.

YOU SHOULD KNOW

(Or Things You Probably Didn't Learn In School)

ART AND HISTORY by Bertoni Jones Bey

Etymological Origin of the Word MOOR

Part I

John 1:1 – “In the beginning was the Word, and the Word was with God, and the word was God. (John 1:1 KJV).”

Etymology – the study of the origin of words and how their meanings have changed over the course of history.

The English term Moor was first used by the Greeks as “mavro” (μαυρο). When applied as an adjective it described something “black or charred”, in this case it was a reference to the native people’s complexion.

Later upon their introduction to Africa and its cultures, Romans used the term “Mauri”. Two ancient examples of its usage are in Procopius’ (500-565 AD) History of the Wars where he refers to a land stating, “beyond that there are men not black-skinned like the Moors...”, and “...shall now proceed to set forth all that he did against the Vandals and the Moors.”

The term “Moor” is derived from the ancient peoples of both the northern part of the continent of Africa and those territories outside of the African Continent that were under African control. When we move to the Middle Ages we see these people called Moors holding control of Al Andalus (Spain) with an almost eight-hundred-year influence.



In this same time period, we see William Shakespeare invoking the Moors in some of his works: “The Prince of Morocco” in the Merchant of Venice, “Aaron The Moor” in Titus Andronicus and the main character in Othello – a Moorish General. All of these characters are referred to as either Moors or blackaMoors. The American Heritage Dictionary of the English Language, Fifth Edition, defines “black·a·Moor” as – n. “a dark-skinned person, especially one from northern Africa.”

The etymological origin of the word “black” can be traced back from the Old High German – blah, to the Old English – blæc, to the Middle English – blak. All meaning bleached, pale, or shiny. One can see its European usage still in effect today in the Spanish word blanco – meaning white, or blanke a Dutch-Germanic word still used, as an example: Blanke Bevrydingsbeweging (BBB – “The White Liberation Movement”).

So, what in fact happened was that the ancient Moorish identity was converted to black·a·moor, then the noun Moor was dropped, and the adjective black was left to function as a noun identity. And proper nouns are always capitalized, which black is not. Even Hollywood movies invoke the term Moor in “The Black Knight” starring Martin Lawrence. Listen for the term used to describe Martin’s character Jamal. Also watch Kevin Costner’s Robin Hood and check for the term being used to reference Morgan Freeman’s character Azeem.

All names and identities for all peoples on Earth must connect them to a piece of land on a continent. Japanese, Nigerian, and Swiss – these names connect people to specific national geography with boundaries.

And all nations of the Earth must proclaim (John 1:1) an identity that connects them to their own vine and fig tree that thine days may be lengthened upon the Earth land. (Eph. 6:1-3).

Sources:
King James Version of the Holy Bible;
Othello’s Children In The “New World” – Dr. José V. Pimienta-Bey; taneter.org/moors.html; africaresource.com/rasta/sesostris-the-great-the-egyptian-hercules/etymology-of-black-and-moor-oguejiofo-annu; The American Heritage Dictionary of the English Language, Fifth Edition 2014; Robin Hood: Prince of Thieves (1991) – Kevin Costner; The Black Knight (2001) – Martin Lawrence.

Photo of James E. Chase Put Up in Middle School After Twenty-Seven Years

By Madelynn Wilson

Chase Middle School, located in the Spokane School District, was built in 1992. They closed Libby Jr. High School and built Chase Middle School. Chase Middle School was named after James E. Chase, the first and only African American to be Mayor of Spokane, Washington. Mr. Chase was like President Obama, our first African American president.

Mr. James E. Chase also owned a body shop called Chase and Dalbert Automotive, one of Spokane’s highly known and recognized African American owned businesses. The land that the body shop sat on is now a part of North Central High School.

I am pleased to report that after 27 years, on May 12, 2019, a plaque with Mayor James E. Chase’s picture and biography, along with some of his quotes, was put up at Chase Middle School, thanks to Principal John O’Dell.

There is also an effort in the works to change the name of Chase Middle School to the James E. Chase Middle School, like Ferris High School which has the full name



of the Joel E. Ferris High School. Chase Middle School will have its name changed to the name of James E. Chase Middle School.

I got involved in this project when I heard Principal Odell talking about wanting a picture of James E. Chase to be

put up in the school. I went online and found a picture and a biography for Mr. Chase. I had the picture framed and I gave it and the biography of Mr. Chase to Mr. Odell. Mr. O’Dell had a plaque made. It turned out beautifully and includes Mr. Chase’s picture, his biography, and some of his quotes.

Mr. Chase's picture and biography were also put in the Chase Middle School planners this year. Each student receives a planner to write down their daily assignments for each class that they attend.

CHASE HISTORY

CHASE MIDDLE SCHOOL

This Student Planner belongs to:

NAACP UPDATE: SPOKANE

http://www.SpokaneNAACP.com

Making Health Care Work For You - Part 1 Before You See the Doctor.

Does anyone actually enjoy going to see the doctor? Healthcare in the United States is incredibly complex, confusing and expensive. Healthcare professionals seem to speak a language that only slightly resembles English. Doctors often deliver really bad news or tell us to do things we really don't want to do (like "Cut down on your salt intake!") That said, in order to achieve and maintain good health, we sometimes have to let healthcare professionals mess with us.

In order to better navigate the healthcare system, it is smart to learn how to advocate for ourselves and our loved ones. This can be difficult for many of us as we were brought up to respect and listen to our doctors. However, modern healthcare is best delivered when we understand that "the doctor knows best" is not always true; the doctor may be the medical expert, but you are the expert on YOU. For the best results, we need to figure out how to become partners with our healthcare providers.

Over the next two months, we hope to explain some of the ways that you can do just that. This month we will discuss some of the things you can do for yourself, before you even see your provider. Next month we will discuss some of the things you can do during and after your appointment. For the purposes of both articles, we will refer to your primary healthcare provider as a



Photo Credit: Istock-DMEPhotography

doctor, but you might also be seen by an ARNP (nurse practitioner) or a PA (physician's assistant.)

1. Preventative Health Services.

Most healthcare insurance plans now offer free preventative health services, such as annual wellness physical exams, mammograms (after age 40) and standard immunizations. Check your insurance to see what preventative services are covered, then take advantage of these free services in order to establish a relationship with a primary care provider (hopefully before you get sick) whom you trust and with whom you can talk. Having an established primary

provider to see for most of your healthcare issues will avoid the confusion that can come from seeing a lot of specialists.

2. Write a List of Medical Concerns.

Before you visit your doctor, write out a list of all of the medical concerns and questions you would like to discuss during the visit. Doctors are very busy and are often allotted only a certain amount of time for each visit. If you have a lot of concerns and/or symptoms, let your doctor's office know when you schedule your appointment that you may need some extra time.

3. Keep a List of Your Medications.

Keep a list of your medications, the doses

and when/if you take them. This list should include any over the counter medications, vitamins, minerals, recreational drugs and herbal supplements you take regularly. Also note when/if there was a change in your prescription or if you have experienced any side effects from any of your meds.

4. Understand Your Insurance.

Understand how your insurance works. It is a good idea to check with your insurance company as to what it will and won't cover at the doctor's office, and whether or not you will have any out of pocket expenses for a visit, procedure or lab work. Also be sure to check with your employer about whether or not they have a medical reimbursement program or offer any wellness incentives which can help to cover your medical expenses.

5. Ask for Help if Needed.

If you feel overwhelmed or unsure whether you can manage all of this on your own, ask a family member or trusted friend to help. Having another person with you at the appointment may help to decrease your anxiety and another set of ears is always welcome!

6. Take Care of Yourself.

Finally, take good care of yourself! Eating a healthy diet, getting regular exercise and adequate sleep, and finding ways to help manage your stress can pay off big in health dividends down the road.

Information provided by the Spokane NAACP Health Care Committee.

NAACP & Black Congressional Leaders Call for Full Release of Mueller Report

By Hazel Trice Edney

(TriceEdneyWire.com) – A two-year wait for the results of an investigation into whether then presidential candidate Donald Trump and/or his campaign staff colluded with Russia has now fizzled down to four pages.

Special Counsel Robert Mueller finally released his findings this week – but not to the general public; nor to the U. S. Congress. Instead, he sent his full report to Trump-appointed Attorney General William Barr, who reduced the findings to a four-page letter to leading members of Congress. That letter, Barr said, outlined Mueller's "principle conclusions".

The first of the conclusions stated that Mueller "did not establish that members of the Trump Campaign conspired or coordinated with the Russian government in its election interference activities". This is the finding that came as a shock to those who had hoped for clarity on why so many Trump associates either lied about meetings or conversations with Russians. It is also a mystery why Trump refuses to criticize Russian President Vladimir Putin and why he is so secretive about their private conversations.

With no clear answers, the NAACP and Congressional leaders are demanding the release of the full report.

"The nation must consider the Mueller report in its entirety. Anything short of complete transparency is unacceptable," NAACP President Derrick Johnson said in a statement March 24. "Attorney General William Barr's principal conclusions submitted to Congress today raise more questions than answers. The American people deserve to see the full report and findings from the investigation, not just a summary from Trump's hand-picked Attorney General."

The fizzling of the long-awaited so-called "Mueller Report" has now become new fuel for Trump, who



NAACP President Derrick Johnson

has contended all along that there was "no collusion" and who called it all a "witch hunt" repeatedly.

"After a long investigation, after so many people have been so badly hurt, after not looking at the other side, where a lot of bad things happened, a lot of horrible things happened, and a lot of bad things happened for our country, it was just announced there was no collusion with Russia - the most ridiculous thing I've ever heard," Trump told reporters shortly after the announcement. "It was a shame our country had to go through this. To be honest it's a shame that your President has had to go through this since before I even got elected it began."

Trump also added that there was "no obstruction" and said, "It was a complete and total exoneration". But Mueller apparently did not go that far.

According to Barr's summary, Mueller's report, "leaves unresolved what the Special Counsel views as difficult issues of law and fact concerning whether the President's actions and intent could be viewed as obstruction."

Without the full report on findings of the detailed investigation, members of Congress say they and the general public have been shorted.

"We should not construe a four page letter from the Attorney General with the complete findings of Special Counsel Mueller's investigation," wrote U.S. House Majority Whip James E. Clyburn in a statement. "The entire findings of the report must be made public to Congress and the American people before we draw any conclusions. In the meantime, Congress will continue to fulfill its oath to uphold the constitution by providing oversight of this administration."

The announcement of the closure of the report appears to have started more than it finished. As civil rights leaders have encountered yet another attack on the freedom of Black people; they are gearing up for yet another fight.

"It is even more imperative that we have full access to the Mueller report and evidentiary basis to learn the facts surrounding Donald Trump's actions and potential attacks on the integrity of our democracy," concludes Johnson. "We are entitled to know everything about Russia's brazen attacks on our political system. This includes how Russia manipulated voters in the United States, fomented racial division among voters through social media and other means, and targeted the African-American community in extraordinary fashion to suppress voter turnout."

Heads Up (Spokane)

By Kiantha Duncan

The Sun's Decree.

The older I get the more I am learning about myself. Daily I become more grounded in who I am as a human being and citizen of our planet. My awareness around my gifting and assignment is more precise. I often feel like every moment the universe is forcing me to grow and function in new spaces that are not always welcoming of who I am as a woman, much less a confident assertive Black woman. It seems as though I am constantly finding myself in uncomfortable situations attempting to manage how others perceive me. This experience is not unique to me, it is a shared experience among Black women everywhere.

Showing up in the world as a confident Black woman can be tiring, primarily because when we show up as our true selves, it threatens the comfort levels of others. I wish I could say that the “others” I am speaking of were just non-blacks, white people in particular. Unfortunately, some of the “others” are white and some of them are other people of color.

Let me explain. When Black women show up in the fullness of who we are, we often experience criticism. An example of that criticism comes in statements like “she thinks she is better than ...”. The assumption is commonly made that if you are educated, successful, happy or thriving, you must certainly be doing so from a perch on which you sit looking down on others. It is even suggested that your success is in some way a direct disdain for others who may live their lives from a different place. An even more common misconception about confident Black women is that we are arrogant or bougie.

For Black women who show up in spaces where there are few other people of color, we typically and quickly become the object of power plays and micro aggres-

sions directed at us by non-blacks in positions of power within the institutions for which we are involved.

I sometimes think about how our society socializes people of color. We teach Black and Brown children to have pride and be confident in their place in the world, then society expects those same children to grow up and to bow down to the powers that be, namely those whose existence seems compromised by our pride and power. People of color are subconsciously conditioned to believe that we are now, and always will be, at the bottom of the totem pole of power. We are reprimanded for functioning in ways that defy that frame of thinking.

The more we as Black and Brown people accept and move in our assignments as leaders, professionals and natural born healers, the more competition and resistance we face. There is a decree that I make and invite all people of color to align with. I am calling it the Sun's Decree.

The sun shines for all of us at the same time. For any person that pauses long enough to look to the sun and see its bright glow, you will quickly realize that no matter where you are, who you are, or what you are doing, the sun is shining on millions of people at the very moment that it is also shining on you. This simultaneous shine happens because the Sun decrees that there is enough for all of us.

In God's infinite mercy, through creation, we are not required to compete for sun or truthfully anything else. When we experience the warmth of the sun, we take no warmth away from anyone else who is also able to experience the gift that is the warmth of the sun. There is enough for everyone. In the same vain, I believe that we as people of color should not feel compelled or forced



to compete with one another but instead be led to welcome others to also shine.

Individually, we don't need to ever take up all the space in a room. We must learn to graciously take the space we need and leave room for others, especially other people of color. We must look for opportunities to share space with one another.

For those of us in positions of power, we must intentionally use our power to welcome others to any space that we occupy. As leaders of color, we must be examples of the decree that the sun makes to each of us. There is enough for us all.

Kiantha Duncan is a Principal Development Strategist with The Duncan Brown Group. She can be reached at 206-225-4736.

North Central Students Join the Human Chorus Project

Spark Central and Volunteer Mentors Help Students Publish Anthology

By Jackie Rose

“You think your pain and your heartbreak are unprecedented in the history of the world, but then you read. It was Dostoevsky and Dickens who taught me that the things that tormented me most were the very things that connected me with all the people who were alive, or who had ever been alive.”

~James Baldwin, Writer, 1963

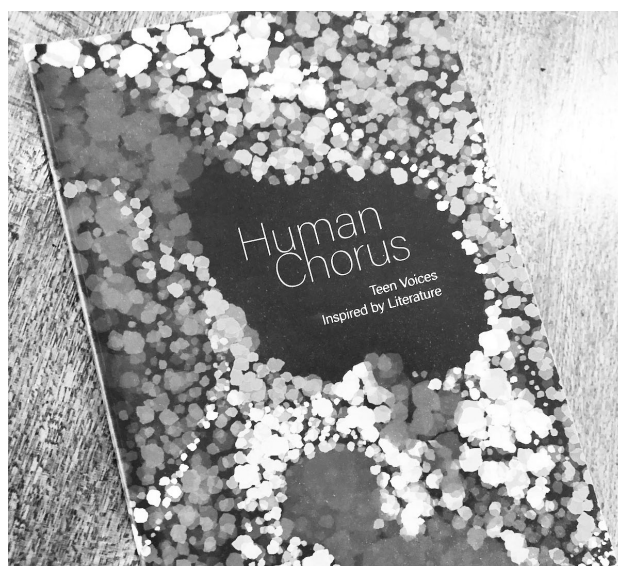
“...while your voice is uniquely powerful and valuable, you are not a soloist but are instead part of a larger human chorus.”

*Joseph Kraus, teacher,
North Central High School, 2019*

Juniors and Seniors at North Central High School are deep into two electives: Native American Literature and African-American Literature. They are writing with energy and honesty about how their reading has spoken to them. The end product of their writing will be a print anthology collecting their work, and a performance of their poetry and prose alongside Bethany Montgomery's Power2The Poetry at the Civic Theatre.

Readers are saying, “But wait; this is Spokane! The majority of these kids are neither Native American nor African-American. What is going on?” Read on and discover!

Rogers High School was the first to pilot an African-American Literature course at the high school level. When North Central began conversations in the spring of 2017 around offering more senior electives and attempting to diversify its curriculum, the decision was made to offer an African-American Lit course as a Seniors-only elective. With



more information about the class and what it would entail, registration spiked and NC High officially offered AA Lit as a class in 2018. With the Native American Literature elective in place, NC High was ready for more.

Brooke Matson, Executive Director of Spark Central, leaped at the chance to work with course teachers Mary Fruchter and Riley More (Native American Lit), and Joseph Kraus (African-American Lit) when they expressed interest in creating an anthology of student writing around the idea of the human chorus. Spark Central views publishing as an act of empowerment – one's words given the authority of print. The Junior and Senior students were asked to choose a piece they have read as part of the curriculum or independently – a book, poem, news article or relevant song lyric. They then respond to that author's voice with their own.

Brooke reached out for volunteer mentors to help students move their writing forward, organize their thoughts, and to act as gentle guides when the kids got stuck or discouraged. I am honored to be a mentor, along with wonderful poets Joseph Drumheller (also a children's book author), Stephen Pitters, Ellen Welcker, Kathryn Smith, and poet/print-maker Bethany Taylor.

At this writing we have met twice with each class, and have all been knocked out by the students' honesty, respect for one another, welcome for us, and willingness to address tough issues in their lives and in our community.

A partial list of texts for African-American Lit: "Discourses on Africa" by Magobe Ramose, "The American Dream" by Martin Luther King, Jr., "Twelve Years A Slave" by Solomon Northup, articles by Ta-Nehisi Coates, Ibram Kendi, Cornel West, and others, as well as independent choices by Malcolm X, Richard Wright, Toni Morrison and more.

A partial list of texts for Native American Lit: Poems by Sherman Alexie (disgraced but still relevant, I'd say) and Louise Erderich, "The Truth About Stories: A Native Narrative" by Thomas King (Cherokee), "Indian School" by Michael Cooper, and more. We're not talkin' Classics Illustrated here.

And what are the benefits for the kids in reading “outside their bubble”? Joseph Kraus, teacher of the African-American Lit class, says, “For white students, especially those who have only known Spokane as home, the course has provided, for many, an alternative history and perspective than what they have grown up with and/or been taught to believe.”

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Body of Activist Amber Evans Found in River

(Source: John Fatty & Bethany Bruner, dispatch.com/news; Sarah Goode, nbc-news.com)

Columbus, Ohio Police announced on March 23 that they had found the body of twenty-eight year old community activist Amber Evans and that she had been positively identified. Members of the Columbus Police Special Victims Bureau worked in conjunction with the Columbus Police dive team to recover the body from the Scioto River, according to a police statement. The Franklin County Coroner's office will be conducting an investigation.

“While this is not the outcome we hoped for, we understand this brings closure for the family. Our thoughts & prayers go out to them,” Columbus Police wrote in a Twitter press release.

Evans had been missing since January 28, according to the Columbus Dispatch. She was last seen in a local store buying cold medicine and a candy bar, reportedly after a dispute with her boyfriend of ten years, although the police have stated “there were no known domestic violence issues in Evans’ relationship and there was no reason to suspect foul play.” Her vehicle and her phone were found during a search that began the night she disappeared and included canine units, patrol officers, a sheriff’s office drone using infrared technology, and a dive team, according to the Columbus Dispatch.

ABC News reported that Evans, who had worked for the Juvenile Justice Coalition (JJC) in Columbus, Ohio since 2015, was promoted to Executive Director in January of this year. Evans’ mother, Tonya, told Dateline that she spoke with her daughter

on Saturday, January 26. She said they discussed Amber’s plans for her next 20 years. “I said, ‘Amber, tell me what your life is going to be -- your 30 and 40-year-old life -- and how that looks for you.’” Tonya told Dateline that Amber replied, “Mom, I want to go back to Paris and teach the children English again.” That was the last time Tonya would hear from her daughter.

Evans was a well-known community activist in Columbus, Root.com reported, working with a variety of social justice organizations. According to the Columbus Dispatch, Evans played a key role in organizing protests at Columbus City Hall and was “heavily involved” with the People’s Justice Project, a nonprofit dedicated to organizing working people and people of color across Columbus.

Evans had a BA in Journalism from Ohio State University (OSU) and a Master’s degree in Library and Information Sciences from Kent State University, according to a biography posted on the Juvenile Justice Coalition website. Inspired by the Occupy Wall Street movement, she began student organizing in 2011 with a coalition that evolved into the Ohio Student Association (OSA).

After graduation, Evans was part of an OSA team that prevented a state takeover of the Columbus City School Board and secured the rights of Columbus families to vote for their elected officials.

In her role as Director of Organizing and Policy for the JJC, Evans organized youth, families, and communities to transform the criminal justice system and reallocate funding from incarceration to trauma healing and resiliency services.

MISSING



Amber Evans **#Search4Amber**

Missing: Amber Evans
Last Seen: Jan. 28, 2019
Location: Columbus, Ohio
Stats: light-skinned black, F
Age at time: 28 years old
Height: 5'5"
Weight: 122 lbs.
Hair: Brown
Style: Curly, Med length
Eyes: Brown
Clothing: last seen wearing a white parka and black leggings.

If info, or seen, please contact the Columbus Police Special Victims Unit at (614) 645-4624

Circumstance: Amber Evans is missing and her vehicle found abandoned in the Scioto Mile area, downtown. She is well known and active in community justice organizations for several years. She has been a key organizer of protests at Columbus City Hall and heavily involved with the People's Justice Project and the Juvenile Justice Coalition. This is out of her character to not contact friends or family. **501c(3) Nonprofit**

Overcoming Tragedy and Celebrating Life Again

By Peire Wilson

(TriceEdneyWire.com) - Born in Norfolk, Va., and raised by a single mother, I felt a special responsibility to go to college but, at first, I failed at it – quite literally. But I turned my life around and see a pathway to success. Studying in London as a Frederick Douglass Global Fellow was instrumental in healing my wounds and making me whole again.

First enrolled as a college student at Liberty University in Lynchburg, Va., I left school my freshman year because it wasn’t a good fit for me. A year later, I transferred near home to a historically black college, Norfolk State University, but I abruptly left during my second semester when tragedy struck.

In a scuffle on campus, one of my friends, Sean Williams, was tragically stabbed to death. Like me, Sean was a classically-trained vocalist. I was in such shock from his murder, I left school and didn’t even tell my teachers why.

I moved to Florida, where I fell in love and was blessed to have a son. I wanted to make a positive future for my son, but I really didn’t know how. I thought about it long and hard and decided I wanted to be a lawyer in arts and entertainment. I knew I needed to be in New York City. I knew I had to go back to school.

I got my transcripts. I put myself in a suit and put myself on a bus and, transcripts in hand, I went to the headquarters of City University of New York, CUNY.



The admissions counselor opened up my transcripts and said, “Uhhhh....”

I said, “I know.”
I had a 1.0 GPA.

“These are the grades I have,” I told him. “I’m willing to start completely over.”

He said, “It’s going to be competitive,” but handed me a list of schools and I returned to Florida.

But I came back and wanted to attend the first school on the list, LaGuardia Community College in Queens, N.Y.

I met with a counselor. She said, “These grades....”

I told her, “If I had known when I was young what I know now, I would have done things differently. I just didn’t know. Unfortunately, this is what happened. I plan on being a lawyer.”

She asked: “You want to be a lawyer?”

I responded, “I will be a lawyer.”

She arched her eyebrows and said, “I like the way that you said that.”

She told me what I needed to do to be admitted: take a math and English entrance exam. I passed English, but failed math by two points. I took a remedial math course, passed and was admitted. I learned I loved math and started tutoring other students. I earned my Associate’s degree in legal studies and received an invitation to join the President’s Society for students with excellent academic records. That’s right, I was invited. When I received the Frederick Douglass Fellowship, I called my mother to share the good news.

In London, though, as a Frederick Douglass Fellow, I felt like an outsider. I was older than the other students. I was a father. I came from a single-family household. But I realized something profound in London. During a workshop, a videographer asked us, “Tell us a time when you had to face your privilege?”

The image of my friend, Sean, came to me. He was the motivating factor in my life. When my turn to speak arrived, I told the Fellows around me, “I lost a friend who never got to see his full potential. The biggest privilege I have is just being alive. My friend died when he was 18.”

I broke down in tears. That was one of the first moments that my friend’s murder hit me. I told the Fellows: “You all just need to appreciate just being here. Just having breath in your lungs.”

We were all crying together. We were all celebrating life together. In that moment, I realized something beautiful and profound: our common humanity.

Simply Wholesome

A Two-Part Conversation with Los Angeles Restaurant Owner Percell Keeling

Part One

By Sandra Williams

If you're Black and you live in Los Angeles, the odds are pretty good that you know about Simply Wholesome. The Black-Owned health food store and restaurant, visited by a whose who of local dignitaries and celebrities, has been an institution in the city for over thirty years-- and is still going strong. While on a trip to California, I had the opportunity and pleasure of sitting down with owner Percell Keeling to talk about the history of Simply Wholesome and to pick his brain about what are some of the secrets to his success. The following are excerpts from that interview.

Give me a little bit of your background. Were you born in L.A.? Where were you raised?

I was born here and I actually grew up in L.A. My parents moved us to Inglewood, a little suburb in Los Angeles in 1963, a day before the assassination of Robert Kennedy. We were the third Black family to move into the whole city of Inglewood. My brother and I went to Daniel Freeman elementary school. And there were about four Blacks there. We took up two of the spots. He was in the third grade. I was in the fifth grade. It was a very very interesting upbringing.

Interesting how?

Well it was interesting because you know you become a product of your environment on a subconscious basis. I didn't really make the distinction really well. I had certain little things that happened to me that made me realize that I was different.

One thing was in the sixth grade. I remember we were doing some type of painting or something like that and the teacher said, "you guys go to the back of the class and wash your hands." So, I remember washing my hands and one of my friends at the time, a caucasian young man, he said "Percell your hands are still dirty," and I said, "what." I'm looking at my hands and I said, "my hands are not dirty, I'm washing with soap and stuff." He said, "yes it is, look," and he opens my hands and he showed me. I had

these brown lines on my hand. So I remember getting the bar of soap and I'm scrubbing and scrubbing and scrubbing it, trying to get what I thought was the dirt off. I remember going home that evening and telling my mother. I said, "I got this dirt on my hands and I can't get it out," and she told me who I was.

You know as a kid, I didn't really know, growing up kind of like in a bubble. Even before we moved to Inglewood, the area that we lived in was mixed and I had all kind of friends. So, as a little kid you don't think about the differences. I remember that was the first time I realized that, you know, I'm different. I was black.

What about when you got older?

During that time there were a lot of interracial fights going on because a lot of the white kids weren't feeling the Black kids coming in, and vice versa. I was kind of like, as I look back now, 'The Spook Who Sat by the Door'. I was Black and used to run track. All the white kids that were coming up, I grew up with them, so I got along with everybody. They used to call me "special" and say you're "different" than they are. That was a big word. You know. You're so different Percell and it would be interesting because I might be around some of my white friends and they're plotting on jumping on this Black kid, which is my friend, then I'd be around some of the Black kids and they're plotting on some of the white kids, and I'd be in the middle. It was a very intriguing scenario.

Did that set the stage for you in some way in terms of the direction of your life?

I've always been a free spirit. I kind of always danced to a different tune. You know what I mean. And so, I don't know if it really set the stage, but it definitely did open up my eyes. I will say that I didn't really, me personally, come into discrimination until my freshman year in college.

I got a scholarship to UCLA (and ran track there). My class in 1971 was the largest African-American class ever to come into the university. I was always a worker and liked to make a little extra money, and so I remember being in a job placement center and I filled out an application. As I was handing it to the secretary the phone rang and she



said to hold on just one second. She answered the phone and she was talking to somebody and she said, "oh, I have somebody right here in front of me." She handed me the phone and because my name is Percell Keeling, and the way I talk, especially then, they couldn't tell I was Black on the other end. So I'm talking to them and they say, "Oh you sound great, When can you start." I said, "when would you like from the start". They said they were looking for a messenger and I said, "I can to start today." They said, "okay well, can you come in." So I said great and I went home and changed clothes.

The building was on the corner of Wilshire Blvd and Westwood Blvd and I remember it was on the 16th floor. I was like 18 years old. Green. I'll never forget, I went up to the 16th floor. The doors opened up and all I saw were these two big glass doors with all this gold writing on the doors, and a blonde secretary sitting right in the middle of the floor. I remember she looked up and just the way she looked at me. I hadn't even stepped off the elevator, but the way she looked at me. Something within me said this is interesting, you know.

So I walked through the doors and told her my name and said I'm supposed to meet whoever. She she said okay and told me to have a seat. Seems like I was sitting in that chair forever and the young lady finally came out with another woman. She took me into the conference room. I filled out a job application and she interviewed me. Now, I'm still thinking I got the job. They told me you got the job. After all that, she said, "well you look really strong but we've got some other applicants that we have to interview and I can let you know tomorrow morning." Right then, it's like somebody shot me in my heart, because I knew. I would have went for the okey doke if I wasn't right there when the call came through. I wouldn't have even thought twice. But I realized, I'm not getting this because I'm Black. She did call the next day and told me this story that you know "the position has been filled and we'll hold on to your application," blah blah blah.

So, I studied business and I realized that I wanted to do for myself.

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EASTERN WASHINGTON UNIVERSITY AFRICANA STUDIES PROGRAM PRESENTS

COMMUNITY CONNECTIONS

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APRIL 25 - Dr. Okera Nsombi
Is Black History or Black Studies Relevant in 2019

MAY 2 - George Duvall
Love is Not Enough: Growing Up Black While Living With a White Family

MAY 9 - Angela Schwendiman, MA
Understanding the Speech Gap: Saying Hello in Ebonics

MAY 16 - Dr. Gloria Baynes
The Struggle is Real: Challenges Faced by African American Female Athletes

Bailey Russell: President of UW Black Law Student Association

Candid Reflections on Race and the Spokane African American Graduation

Tell me a little about your background. Where did you grow up? Where did you go to school?

I was born in Port au Prince Haiti in 1995. I was adopted by a single white mother from Boise Idaho. So, I had a very unique upbringing. Very homogeneous. White. Conservative. I went to Catholic schools. Actually, my law school is the first school I've been to that is not Catholic or religious. I was talking about this with my mom and I think having the opportunity to go into private schools, because private schools in Idaho are so rigorous, it allowed me to get where I am today. I had to push so hard, just to keep up with the work. I've always been a naturally intelligent person, but you know, being Black individuals you always have to work twice as hard to survive in an education system that was not meant to include us. So I was doing that, but I was not aware of what I was doing, because as a child you're not really aware of racism and intersecting oppressive systems until you're exposed to them. I never got that exposure through my education in Boise.

Looking back, what kind of child were you?

I was definitely an outgoing social butterfly. As I am now. I've never been quiet. I think because I'm so small. Growing up, my mom and my family, my grandma, I call her Boppy, they always told me, you're so little you're going to have to speak louder than everyone. You're gonna have to fight harder. You're gonna have to run faster. I was the smallest kid in kindergarten. The smallest in most of my classes and my mom always said, if you're quiet, you would just get lost. So I was social. Outgoing. But I wasn't near as out spoken as I am now until I got to my middle school years, that's when I think I found my voice.

What was it like for you growing up? I'm assuming you were the only Black kid, if not one of very few. Did you notice that as a kid or was it something that you didn't notice until you got older?

It was something that I noticed through the lens of a child, that I wasn't fully aware of until I got older. If that makes sense. As a kid, I remember from as little as I can remember, being like I'm Black, my mom's not, my mom's white, and my mom and my family were always very clear, you're adopted because obviously they couldn't hide it. So I understood that I had a different biological mom, but that never bothered me because I was adopted so young.

I was very aware my family was white in pictures and I was very aware that I was dark. Cameras have improved so much for Black people because back in the day we were just a speck in the picture. So as a little kid, I always hated pictures and I always made jokes, like at my school graduation, you'll be able to tell who I am because I'm the Black one.

Growing up as a kid, I never thought too much about it. I just was very aware of it and I didn't like it. So I was al-



“Our humanity is never affirmed, so to be in space like the African American graduation, where we are Black, we are proud, we are here. It was one of the most amazing feelings.”
-Bailey Russell

ways like, I wish I was light and I wish I was white. I wish I had pretty hair. I wish I was skinnier, but not really being at all aware of what that meant or what was going on.

Once I hit high school, I had my first group of friends who were POC (People of Color) as well. It really taught me a lot and finally my eyes were opened. Not only am I Black and different, but what the hell does that mean, you know. Then finally I kind of had the answer for why I felt so alienated and alone and like the fly in the milk growing up. As a little kid, I just knew I was the fly in the milk, but once I got to high school that's when I started to finally get a grasp on Blackness. But I would say, I didn't fully get a grasp on it until probably my junior year at Gonzaga, to be honest.

Did your adoptive mom ever talk with you about it?

She never sat me down to have "the talk" that I became aware all my Black friends had. She never had that talk with me because as a white woman that wasn't something she felt she needed to have. But she always reinforced my self-worth and she always told me how beautiful I was. She never tried to hide that I was different and she always told me that even though I was different, it didn't mean I was less than. So I really credit her for keeping my self-esteem afloat. But of course there were still things that she couldn't give me. As a white woman she just couldn't. It didn't matter what she did, there were certain things that she just wasn't going to be able to reinforce because she didn't have that experience. But I feel lucky to have had a mom who did try.

I remember when I was little, I had a picture of this skinny girl in my room and I put this sign on it that said "you need to look like this". The next day, it was gone and she had put up a picture of Serena Williams. So, my mom did things like that and they were so helpful. And even though it by no means got rid of all of the prejudice and the racism and the micro aggressions I faced growing up, I don't know what I would have done if I would have had a parent that just floundered, like a lot of parents do that have mixed children or adopted children. They say we're not going to talk about you being Black, but my mom definitely addressed that all the time.

Did you always want to be an attorney or what were your aspirations when you were in high school?

When I was a little kid, I always wanted to be a doctor. I always had high hopes and high aspirations. I always had a lot of confidence for such a little body. And then I hit seventh grade and I was terrible at math. I was so bad at math. I had a wonderful teacher that helped me really conquer math and I ended up getting an A minus. He asked me what I wanted to be and I was like, I want to be a doctor. He said nope, you're going to be an attorney, because you are so good with words, you're competent, you're clear, and you're not afraid to confront people. That was seventh grade and when I first started to get the idea in my head.

But I didn't decide I wanted to be in politics and to be an attorney until Obama got elected. I was just so in love with Obama. I was enamored with him as the first Black president and his wife. I mean as a Black, dark-skinned woman. I'm in Boise Idaho and to see someone like Michelle Obama, it gives me chills to even think about what that meant to me. She was married to a Black man who was successful. Who was educated. Growing up the only images I saw of people that looked like me were the stereotypical images. So to see that. I said, I'm going to be like that. I'm going to be like Michelle Obama. I'm going to be like Obama and I'm going to go into politics and that's when I decided I was gonna go into politics. I've since changed my mind about politics. I want nothing to do with politics, but once I got to college, I decided that the attorney route was where I needed to go.

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“The Vet Life” Returns to Animal Planet

By Jackie Rose

On April 6, Dr. Diarra Blue, Dr. Aubrey “A.J” Ross, and Dr. Michael Levigne return to the Animal Planet lineup! These gentlemen who operate a veterinary hospital in Houston have won another season of keeping it real for all of us starved for positive images of Black men and their families on primetime television.

The vets give back to the community every chance they have. Cy-Fair has a 5th-wheel trailer which serves as a mobile vet clinic. They offer free vaccines, inexpensive spay/neuter, and always strive to educate the public – especially children – about all animals and how we honor and care for them because they give so much. They employ many people of color as vet techs, front-desk personnel, kennel help and office managers.



I once again recommend "The Velvet Life" for a show you can enjoy with your kids, or just for yourself, for a refreshing hour of tears, laughter, and general "wow, I did not know that!"



If you like the show, let network know, and support the show's sponsors. That's how we got the show returned to the air; your opinions matter! Make it an evening on April 6 – you will not



be bored! You can contact the network and also watch full episodes online by visiting the animal planet website: ***<https://www.animalplanet.com/tv-shows/the-vet-life>***.

Bailey Russell

Continued From Page 12

So talk about participating in the African-American graduation in Spokane? What was it that made you decide to participate and what was the experience like?

I actually didn't really know about the African American graduation when I did it. I heard about it from one of my mentors at the school who told me, hey there's this is graduation and you need to go. I had no idea. But then I got signed up and I showed up and I was just honestly blown away, first by the amount of Black graduates in Spokane of all places, and then by the community support. I thought, wow, look at all of this community support and look at all of this beautiful Blackness that I wish I knew more about.

So, it was a double entendre for me. I was so happy because with Black students in higher education, our existence is rarely acknowledged, other than to fill the quota. Do we have all five of them? Great. Quota filled. Our humanity is never affirmed. So to be in space like the African American graduation, where we are Black, we are proud, we are here. It was one of the most amazing feelings. It was better than the graduation from Gonzaga, to walk on the stage with my African American stole. The pictures. The speech. I can't remember the guy that did the speech, but I was crying, it was so beautiful.

So, it really made me happy that I got to be a part of it, but also I was a little bit sad that I wasn't aware that this

community existed before I was graduating. As President of the Black Student Union at Gonzaga I was always trying to engage the community, but as a Black community in Spokane, I think we can do more to come together.

What are you doing now?

I'm in law school at the University of Washington. I am a 2L, so I'm winding down my second year, thank God, I only have one more. I'm president of the Black Law Student Association at the school. It's like the BSU (Black Student Union). That's what brings me so much joy. The best memories that I have of Gonzaga was being president of the Black Student Union there. I love it. It's used for networking, helping Black students get internships, but also just having a safe space where we can cry and laugh and talk about how hard it is to be Black. If you think it's hard to be a Black student at a predominately white university, try being a Black student at a top law school, Last week we had a meeting. We had pizza and music and talked about our experiences. It's the highlight of being there.

What advice would you give your teenage self?

I would tell her what I would tell every little Black girl who is a teenager, and particularly in predominately white spaces, being Black is so powerful and it's so beautiful, and yes it will bring a lot of pain and a lot of oppression, but when you feel the blatant racism or micro aggressions, when you're feeling like you can't take another cycle on the news, you have to remember that we are constantly under attack because we are great, because the world looks

to us for cultural references, for our food, for our music, for everything that makes us Black and everything that is beautiful. We are a powerful people. We have always set the world stage. When you come from that place, you're going to get push back and oppression. But, even on your lowest days, you just have to remember the strength and the power you come from.

I would tell my younger self that there is so much power in your Blackness. I wish I would have known that when I was younger, but you know what, that's life. I wouldn't be here if I hadn't gone through the pain and the struggle, and it was painful, let me tell you, coming out of that. It was a painful awakening for me. But something I had to go through to get to where I am now.

What do you see yourself doing Bailey after you graduate? If you could do whatever, what would that be?

I would love to be Amal Clooney. George Clooney's wife. She was famous before she met George. She's an international human rights attorney. I would love to have that as my title, but also do domestic work. Pretty much my dream job would be to have my own firm with other POC (People of Color) and QPOC (Queer People of Color) lawyers and some people who aren't lawyers, that's funded by private donors and we take on pro bono legal projects for grassroots communities like in Flint MI . They call us up and say we're dealing with some bullshit here and we need somebody to investigate. We want to file a class action lawsuit. Then they can hire my firm.

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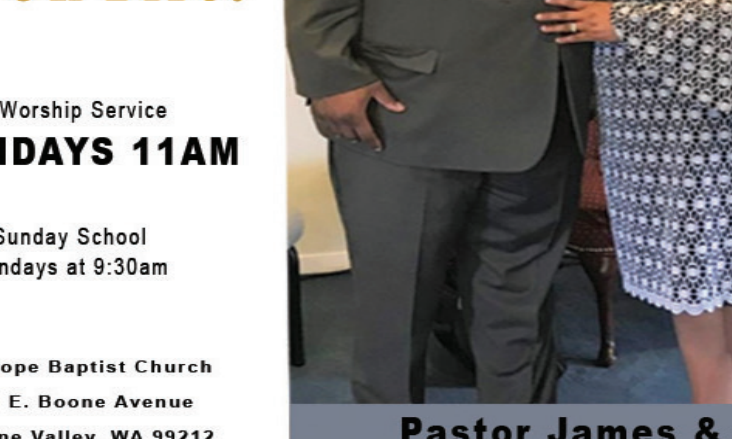
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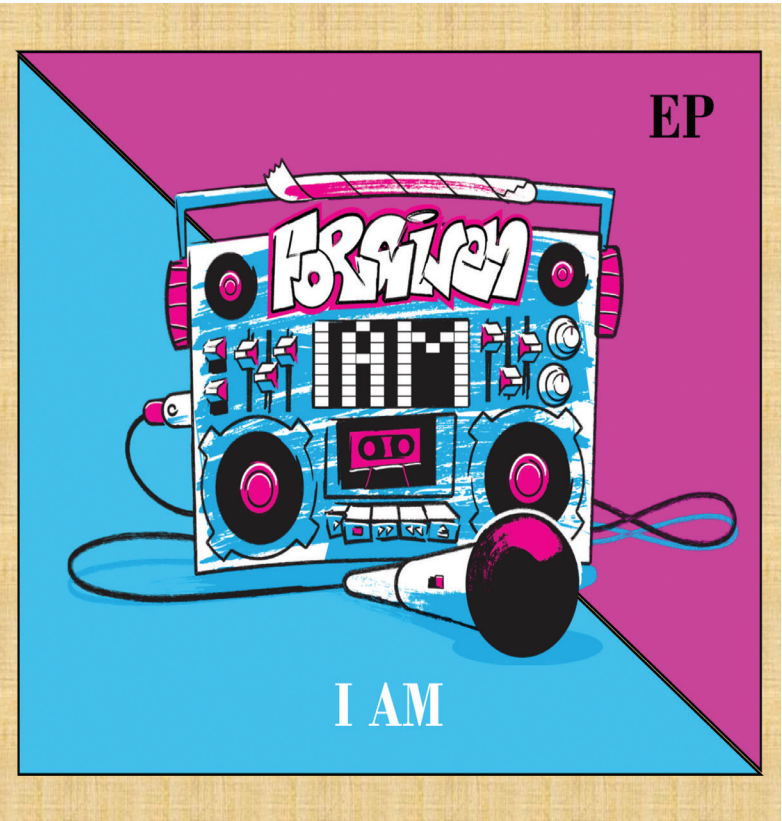
New EP Release

Introducing Terrance Nelson

I grew up in Anchorage, Alaska. I began writing poetry in elementary school. In the middle of some hard times, I somehow lost my voice and discontinued writing poetry. I am the middle child of 4 kids, 3 boys and 1 girl. By the age of 17, my choices led me into addiction, to drugs and alcohol. By the age of 19, I became a full blown meth addict, drug dealer, and gang banger, living on the streets of Anchorage, AK. In 2010, I came to Spokane for a faith based recovery program called Adult and Teen Challenge. Since coming to the program I'm 9 years clean and sober. I have a beautiful wife named Maggie, and 4 wonderful children. 2 girls and 2 boys. When I got clean and sober, I also found my voice again and began to write poetry.

I first got involved in Spoken Word Poetry in Spokane through Michael Betheley. He invited me, more like challenged me, to come to some open mic nights and present. It was such a joy to share the words that were on my heart and mind. I then was asked to headline a Be Open Mic night. After that it took off.

I wrote many poems, but as I had more children presenting, my poems took back seat. Now my Mrs and I are in a season where we know launching this EP is the right time and will impact every listener.



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MY EP is entitled I AM. I want every listener who has ever felt abandoned or misunderstood or hurt to know there is a God who loves them no matter what they have done or where they come from. I also what them know that no matter your need He is the Great I AM. This EP is a tool that is to be shared with others. My WHY! In life is to bring hope to those who are hopeless and I hope I can do that with this EP. The EP was engineered by Steve Damerville at SkyTree Studios. He is a phenomenal man to work with and has a heart to impact our community as well.

My goal for April is to release a 30 poems in 30 days challenge on my social media platforms. Also, I will be presenting at the Spokane Library's Open Mic on April 6th at 3:30pm at the Shadle Park Library. On April 20th I will be presenting with the It's Not A Game Tour at the Bing Crosby Theater at 6pm.

My goal is to impact our city and the world with a lyrical display of Hope. I have hopes of writing a book and putting out a full length album next year.

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SPRING IS IN THE HAIR



It's that time of year when the days are getting warmer and longer. The sun is out and we no longer have to protect our hair against the harsh elements of winter. The winter season is not only harsh on the skin, but non forgiving on the hair as well. Because of its cold dry air and lack of moisture, winter can easily dehydrate hair. Spring offers the perfect weather to end your cycle of protective hair styling and embracing a new look. Here are some suggestions to keep your hair healthy and on trend.

Trim your hair: It is recommended that you trim your hair every eight to twelve weeks for healthy hair. Every six to eight weeks if you use heat tools 2-3 times a week. Be specific with your hairstylist about your hair goals. If you have a short haircut and desire to keep it short, you may cut your hair more often. If your goal is to grow your hair longer, you will still have to trim it to reduce the amount of damage that is caused by daily maintenance.

Condition hair regularly: While shampooing your hair will generally cleanse the hair and scalp, it also aids in preventing dandruff and product buildup. Conditioners restore moisture which essentially prevents breakage and retains strength. Most shampoos have a matching rinse out conditioner that supports the shampoo. Rinse out conditioners make the hair easier to comb, more manageable, smoother and shinier. Leave in conditioners, on the other hand, are another option that supports your shampoo rou-

tine. If you have hair that is really thirsty for moisture, leave in conditioners contain humectants that allow the hair to be moisturized without being heavy. Leave in conditioners are also a great defense against heat damage. Leave in conditioners are excellent for all hair types, processed and unprocessed hair.

Curls: A fun flirty style that compliments this shift in weather is curly. There are so many ways you can accomplish a curly hair style. Anything from a spiral set to a loose wave is perfect for the Spring weather. These styles may be accomplished through hermal heat styling that includes wands, curling irons, and roller sets. Curly hairstyles show versatility in both long and short hair.

Color: In the past, Spring time has been the turning point for opting to go lighter. Adding highlights or hair painting to your hair creates dimension and interest. Now you don't have to settle for blonde and gold. Technology has changed hair color so much that you can opt for vibrant and pastel shades if your favorite color.

Look into these tips for a fresh look for the new season. Healthy hair is the foundation for being able to keep up with hair trends. See a hair care professional for tips and tricks to keep you current.

Patrick The Brand is a Hair Artist, Educator, Designer and Vlogger. He is located inside Plush Salon at 176 Howard St., Spokane, WA 99201 and can be reached at 509-362-6957.

Black women in the U.S. are nearly 40% more likely to die of breast cancer than white women.
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Tongues of Fire Dying Out Loud



By Beverly Spears

My dear friend Bob is dying. He has terminal cancer. Bob was born on the 4th of July 1943, and will pass from this life into the mystery of the next at 3 p.m. on Friday, the 10th of May, 2019. But first, at noon that same day, my friend will host a party celebrating his life and his friends.

Bob has been with me in some of the most deeply meaningful moments of my life. Known to many as Uncle Bob, my kids called him “Christian Bob” to distinguish him from the other Roberts and Bobs in our lives. Bob will always be Christian Bob to me, because our shared Faith experiences were many and precious.

I was Catholic by choice for more than thirty years of my adult life. I met Bob at St. Therese Catholic Church in Seattle in 1990. St. Therese in those days was a capital “G” Glorious faith community. To understand the hallowed place Bob has in my heart, you have to know about our shared experience of St. Therese.

St. T’s was fittingly often referred to as the Catholic-Baptist Church, because of our stellar Gospel Choir, and the energetic, rousing celebrations of the 11 a.m. Sunday Mass. We were a diverse faith community, and I don’t mean just a few token people of color. We were a crazy quilt of Black, Latino, Asian, White, and mixed-race folks. We were a congregation of every-make up of family imaginable. We were economically privileged and economically challenged. We were very young, very old and everything in-between. We were cradle Catholics, questioning Catholics, non-Catholics and converts. We were a community of people with both traditional theologies, and progressive theologies, and held each other with respect and openness.

Challenging the power and bias of the Institutional Catholic Church, we were pioneers in welcoming LGBTQI brothers, sisters and others into the full faith of the community. We were faithfully defiant, pushing the boundaries, fighting the ever-growing social and theological regression of the Institutional Church. We championed and promoted women and lay folks as leaders and shepherds of our Faith family. The three Jesuit Priests who rotated in to serve our parish were integral and necessary in the life of the church, but for many years, priests were not the pastors or primary faith leaders and administrators of our community.

In those golden years, St. Therese was pastored by an amazing woman—a Pastoral Life Director. With a small group of other dear brothers and sisters in Christ, Bob and I reverently served our beloved St. T’s community as Lay Liturgical Presiders. We took our Call very seriously, but I confess, there were times when we two grown folks sat in the pew quietly giggling and cutting up in church like little kids free of adult supervision.

Christian Bob was the very embodiment of the dynamic, joyous,

passionate and compassionate, radical heart of St. T’s! I love him now as I did then, in all his reverence and irreverence, his strengths and his challenges, and his joys and his sorrows, of which there have been plenty. Bob has lived with HIV AIDS for many years. He is a recovering alcoholic. He makes no secret of these and other monumental challenges he’s had to reckon with. He eventually finds a way to integrate the kind of life experiences that might crush another person, and he does so with grace, dignity, and humor.

The Church Bob so loved, let him down. It was after I had left the community when a new Priest was assigned to St. Therese—a party line man. The Priest was African. The Catholic Church in Africa is very conservative. In an early conversation with the new Priest, Bob told him he was a gay man. The Priest’s only response to Bob was to tell him that in his country there were no gay men. That denial and dismissal was a blow to Bob’s soul. It angered and pained me so when he told me that story. Bob was terribly wounded, but true to his nature, he was not diminished.

After many years, Bob has recently returned to St. Therese where he once again feels welcome, supported and loved. I made it a point to spend time with him a couple of months ago during a visit to Seattle. Bob told me it would mean a great deal if I would come with him to Sunday Mass. I hadn’t set foot in St Therese for 15 years. The sanctuary felt foreign to me but sitting next to my buddy in the pew was familiar and sweet.

Bob had recently finished a round of chemo and was to get an update on the progression of his cancer the next week. During our time together, he told me no matter what the tests revealed, he had chosen to receive no further treatment. Like so many other times, Bob was choosing not to rail against his circumstances, but to integrate this reality into his life.

Bob had something else he wanted to share. He told me that he was ending his life with dignity. At first, I wasn’t sure what he was saying, but it became clear soon enough. Bob was choosing to die by physician-assisted suicide, which is legal in Washington State for terminally ill residents of the state with six months or less to live. It’s called the Death with Dignity Act.

I don’t think the reality of Bob’s decision really sunk in until days after I’d returned home. When it did, I was overcome by a tangle of emotions, profound grief being the only one I could truly identify. But honestly, I’m not even going to try to sort them out in my head. I can’t think about Bob’s end of life decision. I can only feel it. I can only bring my open heart as I journey with him.

Bob will be the first to tell you that he lives his life out loud. It is only fitting that he has chosen to die out loud. Soon after he told me, Bob announced his decision on Facebook and Twitter. He

now posts almost every day -- his thoughts and feelings; pictures taken with friends who come to visit; the bucket list trips they take him on; and paintings and poems they bring him as gifts. Visiting friends leave with something of Bob’s that they’d like to remember him by. His posts are honest and open, with a little Uncle Bob gal-lows humor thrown in.

Hello my friends. It’s been another week of appointments and making all the legal deadlines that have to be met per the End of Life WA regulations. I now hold in my hand the signed and witnessed request which will allow my doctor to write the prescription for the 100 Seconal capsules that I will self-administer on May 10th at 3pm. That’s the “deadline.” (I can’t resist a pun). After an afternoon of tears and celebration I will quickly fall into a deep sleep (usually 7-9 minutes) and then sink into a state of meditation. No pain. No doubts or fears. No tubes or alarms. My death will be as natural as my birth. I have absolutely no reservations about what I am doing.

I have chosen to end my life with Dignity, here at home, surrounded by all my friends. It’s going to be a huge celebration! It’s going to be a party! Probably my biggest and my best. But it’s not just about me. It’s much more. It’s about getting the word out about new laws and agencies in our state that now make it legal for a terminally ill person to select the date, time and method of ending their own lives. It shocks me that so few people know about this. So, I’m going to do whatever I can to increase awareness of End of Life WASHINGTON and Death with Dignity.

I recognize this isn’t everybody’s cup of tea. But it is mine. I’ve always lived my life out loud, including my many years of depression and suicide, childhood obesity, my fight against AIDS and my chronic alcoholism, and the effects of Fetal Alcohol Syndrome. And today, in Washington State, I get to end my life on my own terms, using my own voice. And yes, I’ll probably sing. Please accept this as your personal invitation to walk these last miles with me, at your own pace and only as far as you personally want to go.

My beloved friend Christian Bob is dying with dignity, grace and humor. He is dying out loud, so others with terminal illnesses may know they have the legal right to make informed choices about the manner of their own deaths.

On May the 10th, I will be at Bob’s home at 12 noon to celebrate this courageous, beautiful soul with many others who love him, cherish him, and will miss him terribly. I will also be with my beloved friend, holding him in deepest love and appreciation at 3 p.m. when he consciously administers the medication that will carry him into the heart of God.

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Facing End of Life Issues Can Be Very Difficult....

We often hear people say they wish they had received hospice care sooner. For many, they didn’t know how much hospice could help or they had incorrect information about when and how to access hospice care.

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No New Jail Community Meeting

Continued from Page 1

Bennett also made suggestion that would make Spokane's court system faster and fairer.

The Blueprint for Reform, which took a year and involved hundreds of hours spent interviewing criminal justice professionals to find best practices, also produced recommendations which focused an alternatives to incarceration.

Speakers questioned why the local officials who are championing a new jail, have not devoted time and energy to first ensuring that all recommendations from the reports have been addressed.

The issue of continued racial disparities that have persisted across Spokane's criminal justice system was also raised by the speakers. Disparities not only in the jail population, but in booking and sentencing as well. "We have been doing implicit bias training for years," said Cam Zorrozua. She suggested that perhaps it was time to try a different approach.

Also mentioned were the negative impacts of incarceration, up to and including the recent deaths in the jail, and pre-trial continuances were called in in Curtis Hampton's presentation titled, "Broken System."

"We are in love with punishing people," Kurtis Robinson declared passionately in his video. "What we haven't done," he continued, "is take the money that we are going to put into a new jail and put it into the people and into wrap-around services to support them."

Layne Pavey agreed with Kurtis, and urged the audience to take action. "We need to stand up as a community against the idea that the jail is the only form of social intervention."

Spokane Community Against Racism shared that the meeting was just the beginning of their effort to oppose the jail. For more information visit SCAR at <https://www.scarspokane.org>.

Spokane Community Against Racism No New Jail—Talking Points

- 1. A Bigger Jail without reforms will compound racism.**

Explanation: Whatever the intent of individuals, the results of our current criminal justice system are racist. A bigger jail will only perpetuate the racial disproportion we are trying to eliminate.
- 2. A new and bigger jail would reinforce the problem of mass incarceration.**

Explanation: "If we build it, the system will fill it," for it is the nature of systems to fill vacuums. By building a bigger jail we would perpetuate and exacerbate a broken system.
- 3. Eliminate or reduce the number of beds rented to Federal agencies in order to reduce overcrowding.**

Explanation: Part of the overcrowding in the current jail is caused by the County Commissioner's decision to rent beds to Federal law enforcement agencies. The overpopulation puts incarcerated humans at greater risk and further dehumanizes incarcerated persons.
- 4. Use Community Supervision and free up approximately 300 beds.**

Explanation: As reported in the Spokesman Review recently, Spokane is underutilizing community services, which results in greater expense for our criminal justice system. Free up beds AND save money at the same time!
- 5. A new jail would extend and perhaps increase the bail problem; fix the bail problem and there will be many unoccupied beds in the county jail.**

Explanation: Spokane sets a dubious record for the highest percentage of people currently in jail within the Washington State held without bail. That percentage is 77.7%. To state the obvious, these people are presumed innocent, but they cannot afford bail. Spending time in prison creates hardship for these members of society, their families, and their employers.
- 6. Increasing community and social services will reduce incarceration rates.**

Explanation: In February Spokane City Police made a presentation of a diversion program to the SRLJC, which illustrates this important point. The Jail Diversion Unit created in cooperation with Frontier Behavioral Health has already proven effective in reducing incarcerations and increasing police productivity by redirecting people with mental health issues to treatment, rather than to punishment.
- 7. Reform the criminal justice system rather than reinforce it.**

Explanation: There is broad agreement, both locally and nationally, that several aspects of the criminal justice system are dysfunctional. Spending millions of dollars on a new and bigger jail invests in those dysfunctions. When the reforms come, we will look silly having bet our money on a broken system.
- 8. Remove the stigma of Felony on those who commit non-violent crimes.**

Explanation: Branding as felonies such low level crimes is like the lifelong mark God placed on Cain for killing his brother Able (Genesis 4:15). Last year Congress began to correct "felonizing" its citizens. The process of "de-felonizing" will eventually make its way to Spokane. We would do better to champion this reform, rather than build against it.
- 9. Restorative Justice requires smaller jails, not larger ones.**

Explanation: Punitive justice is not justice, but has become a means for our government to dehumanize its citizens. Criminal justice reform restores citizens to contribute to the greater good. Spokane School District is beginning to demonstrate the benefits of practicing restorative justice.



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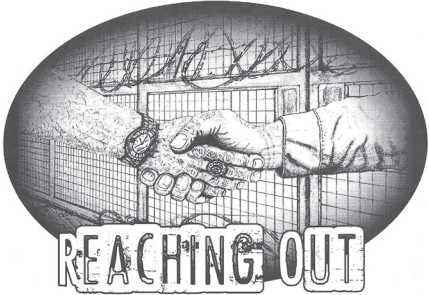
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Uplift Your Queen

By Michael Linear

Behind every strong man there is a woman structured beside him standing twice as strong. She endures the challenges of her life as well as the struggles of her man's life. Plus she situates the household so that it runs smoothly. Her feminine energy electrifies the motivation within the core of his efforts. The soft tone of her voice soothes the essence of his aggression from time to time. I speak for all men, we can never thank you women enough for providing a listening ear when our rationalizations were dominating our decision making. Ladies, there is a certain voice and set of words that should be filling your hearts and minds consistently.

Queens should hear often: Your words are an instrument that continues to play in the shallow parts of my heart. For this, daily appreciation is the least that I can give you. Mentally, you are the temple that I walk to humbly. The royalty you possess is present in every place you are present. I just want the opportunity to politely step to the side as you walk by confidently. Understand that you are a “Queen” and you must be treated as such. Validation comes from within you, not from everyone else.

As I traveled upon this isolated, desolate, and corrupted land, it was your footsteps that guided me through. A comforting love has existed in my life ever since you walked upon me with open arms. I'm experiencing a love that I never knew. The potential of my greatest strengths has manifested from the time and information that we've shared. You are the completion of my Kingdom. Looking in your eyes solidifies my vision for the future. I cannot forget the power in your touch. All it takes is for your hands to embrace with mine and my temperature decreases back to a level of calmness. I sacrificed my ego to look you in your eyes and know with all certainty that I see the reflection of my equal.

It is the endearing love accompanied with your gentle personality that has furbished my character and my conduct. I am replenished by the fact that I finally found a woman whose soul and spirit complemented me. You are Gods most precious creation. My Lord will never allow me to take you for granted. My “Queen” you have forever affected my choices in life. Since the day we met, I have been ascending astronomically. Being with you has to be symbolic to flying with Angels. You are that angelic. What you believe is your imperfections are my perfections I see in you. This is our biblical “Songs of

Solomon”. Every day that I have breath, there is a fire burning with warm passion for you. My queen, I respect, protect, and shall never neglect you.

Woman, if these types of words have not been placed upon your ears or a similar appreciation, you are experiencing an appreciation far below what you truly deserve. You are the foundation of life. Without a woman, what man would understand love? It is the touch of a woman’s spirit that elevates the vision within a man. Strength is your nature, and it begins by the seeds planted firmly in your wombs. What man can endure the pain of giving birth and then comfort this fetus with a superior love? I have yet to meet one. The ethics of a woman are a phenomenon.

A man is always canvassing the land in search of a good woman, but most times what he is searching for is right in front of him. He is not permitted to see because he does not see the good man reflecting back in the mirror. For this, many blessings evade the grasp of most men because the beautiful, intelligent woman sees the man within you who is more of a liability than an asset. Uplifting your “Queen” requires a purification process. In other words, increase your self-worth my brothers. Your speech is missing the dynamics of time spent in acquiring beneficial knowledge.

Advancing comes from enhancing what you did not know versus what you think

you know. The street mentality is no longer appealing or complementary to a woman who dedicates her best each and every day in high hopes of achieving a permanent gratitude.

In closing, to the woman who may be sitting at home overcome by the feelings of loneliness, or the woman who sustains and maintains the household in absence of your significant other, or the woman who suffers and has suffered from abuse-mentally, physically or sexually, know with all certainty that you are a “Queen” and there is a speech that is structured only for the fulfillment of you. Never accept less than what you are worth or what you deserve.

And to the man whose visions have been apprehended by the street codes, drug use, or common laziness, your queen is missing because you are missing the sight to elevate beyond the set standard of nothingness. “We can't rise above where we are because we can't rise above who we are.” Purify your surrounding so you can have surroundings that uplift a woman and that a woman would enjoy being in- mentally and physically.

She will know that she found her King and he will know that he stands firmly next to his “Queen”. At the end of every day gentlemen, make sure that you uplift your queen in some way that she prefers.

Contact The Black Prisoners Caucus with any comments or questions: www.bpceast@gmail.com



A TIP FROM A
FORMER
SMOKER

DO YOUR HEART
A FAVOR.
QUIT SMOKING.

Roosevelt, Heart attack at age 45
Virginia

Smoking causes immediate damage to your body.
For Roosevelt, it caused his heart attack. Your heart
attack risk drops as soon as you quit smoking.
For free help, call 1-800-QUIT-NOW



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
CDC.gov/tips

ACLU Sues FBI

Continued From Page 1

It wrongly groups together Black people who, in the FBI’s own words, “perceive[] racism and injustice in American society” and have beliefs about “Black identity.”

The Intelligence Assessment also reveals the FBI’s focus on First Amendment protected beliefs, activity, and associations in determining who is a so-called “Black Identity Extremist,” including through social media surveillance. Since its disclosure, some law enforcement leaders have openly acknowledged that no group of “Black Identity Extremists” even exists.

The FBI’s creation of a “Black Identity Extremist” threat label is the latest example in a sordid history of efforts to harass, discredit, and disrupt Black activists who advocate against white supremacy and racial injustice.

At the turn of the Twentieth Century, law enforcement targeted Ida B. Wells and Marcus Garvey as “race agitators.” In the 1950s and 1960s, the FBI’s notorious Counterintelligence Program deployed covert activities against Martin Luther King, Jr., the Southern Christian Leadership Conference, the Student Nonviolent Coordinating Committee, the Black Panther Party, el-Hajj Malik el-Shabazz (previously known as “Malcolm X”), and Ella Baker. In the late 1960s and 1970s, the FBI surveilled and investigated Black-owned bookstores on the grounds that the stores were purportedly centers of extremism.

In 2018, the ACLU and the Center for Media Justice filed a Freedom of Information Act request for information about why the “Black Identity Extremist” threat designation was created, how it is being used, and whether it is leading to illegal surveillance of Black people and Black-led organizations. As a Black-led organization and the nation’s largest racial-justice network for media and technology rights, access, and representation, the Center for Media Justice represents organizations vulnerable to FBI surveillance under the “Black Identity Extremist” label.

In response, the FBI is keeping critical information secret without any valid justification and has even refused to search for entire categories of records. Nor has there been any sign that the FBI has retracted its flawed “Black Identity Extremist” threat label despite calls to do so from the Congressional Black Caucus and some law enforcement.

The complaint, Center for Media Justice v. Federal Bureau of Investigation, was filed in the U.S. District Court for the Northern District of California. It cites violations of the Freedom of Information Act. The ACLU of Northern California is co-counsel.

Let's Talk Candidly About The Process of Justice Reform

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During nearly 34 years representing individuals from all walks of life across broad spectrums of the law, what I've learned is that when people say they want justice, what they're saying is they want what's fair. Yet, it's the perception of fairness which is always at issue. In the legal world, justice is defined as both "Substantive" and "Procedural". Substantive justice refers to decisions based in rule of law. Procedural justice refers to how the process is perceived. Fairness in the legal world often refers to equity.

The February 2019 Washington State Pretrial Reform Task Force Final Report states in part, "Research shows that most of us have at least an implicit, meaning unconscious, racial bias... across all demographic groups, including law enforcement, lawyers, and judges: all decision makers in the system... Important to consider in the mix is public confidence in the legal system, particularly that of the minority communities. There is a sizeable gap between whites and other racial groups in the perception of the fairness of our justice system."

In January 2019 I wrote to Governor Jay Inslee's General Counsel, Kathryn Leathers,

"Already in 2019, our community faces yet another year during which the focus of Spokane County criminal justice reform will revolve around building a new jail, rather than evaluating the factors contributing to the racial disparities inside of that jail..."

I encourage you to compare the Task Force Report with Spokane's own 2013 Blueprint for Reform. We've been talking about justice reform for decades. We've spent millions of taxpayer and grant dollars talking about studies. At the March 20, 2019 SCAR (Spokane Community Against Racism) meeting, Camerina Zorrozuva shared reminders that today's criticisms mirror those shared by Carl Maxey during "new jail discussions" over thirty years ago. Liz Moore, Executive Director of PJALs, noted, "We are talking about a new jail when the recommendations issued in the Blueprint for Reform five years ago haven't been implemented".

The Pretrial Reform Task Force Final Report, among other recommendations, noted an essential basis for reform is **"the collection and recording of information at all points of the pretrial system and [to] conduct data analysis on all pretrial elements from time of booking to arraignment, pretrial release and pretrial detention and [to] use the data analysis to conduct improvements as necessary."** This data, the Task Force recommends, should be **provided to the public on a regular basis and the program should measure program success, identify areas of improvement and support adherence to best practices.** Of particular note, jurisdictions that adopt a pretrial risk assessment tool should track the percentage of judge's decisions that differ with a risk assessment tool recommendation.

Nearly two years ago, members of the community discussed accessing information. To paraphrase Layne Pavey, Executive Director of Revive Center for Returning Citizens and Board President of I Did the Time, by reacting to parts of the system, we lose sight of the structural and systemic inequities which are designed to protect the very system we seek to change. Ms. Pavey also eloquently crystallized what I believe continues to jeopardize progress towards sustainable reform: The Imbalance of Power. There's a reason for the old adage, "Information is Power". Those who control the information control the power.

The investment of countless hours of taxpayer paid, grant funded, and unpaid community volunteers, has led us right back to the beginning; relying upon the system we seek to change to provide the change we seek. As a united community we have the power to implement those recommendations. We have the ability to implement without waiting for the system to grant "permission".

Last year, Jonathan Glover of the Spokesman-Review summarized some of my concerns about our justice system's process and progress towards reform when he wrote, "Like a castle up high, overlooking the city with jutting spires and an impressive, protruding tower, the attorney likens it all to a medieval stronghold – the judges, the elite royalty, the attorneys perhaps like barons and baronesses, and everyone else: commoners, servants, and at the bottom, detainees."

From the folklore of a medieval emperor who wore no clothes, to Neo who had the courage to pull the plug, the story is the same. Justice reform requires we empower ourselves. Information is, indeed, power. Perceptions of fairness depend upon an equitable process in which the scales of justice, and justice reform, are balanced both substantively and procedurally.

As Albert Einstein opined, "The definition of insanity is doing the same thing over and over again, but expecting different results". To paraphrase Curtis Hampton, if Spokane's criminal justice reform was run like a business, by now, we'd have results or people would have been held accountable.

So, let's stand on the shoulders of all who've come before us to bring about the shift in the "Matrix" we've all been waiting for.

-Dennis

Just Something to Think About

By Kendu D. Humphreys

"Nowadays"

Nowadays we pay more attention to the "Jones", than to that of our own family values...

Nowadays we fight harder for crumbs and orchestrated beefs, than we do for each other...

Nowadays we've outcasted those that truly fight for us and choose manufactured leaders to represent our community...

Nowadays our heroes are no longer home grown freedom fighters, they have become entertainment action figures...

Nowadays our boys are raised to become self-destructive violent man-childs, not father's nor Kings...

Nowadays our Queens are content with being self-loathing confused victims and have forgotten they are nurturers of all nations...

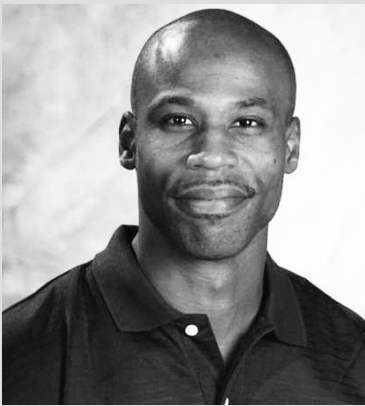
Nowadays our children respect media more so than their mothers...

Nowadays sons will take advise from Facebook faster then their fathers...

Nowadays our elders have more regret about the younger community than that of hope for future generations...

Nowadays "keeping it real" and giving your "word" has no merit of truth, they are just something to say...

Nowadays our greatest oppressor's no longer are across the tracks, they are no further than our mirror...



The Human Chorus

Continued from Page 8

"At times, there are contentious conversations around the material," Kraus continued, "but I believe these to be healthy in dealing with our horrendous past and looking to build a promising future. For students of color in the class, I do my best to remove myself, a white male, in order to provide the much needed platform to speak to and about their experiences and ideas for overcoming the tragedies of the past. The goal is to expose my students of color to the pride they should feel in regards to their heritage, while at the same time being able to mourn and be upset that such a history exists. Overall, the course spans from pre-colonization in Africa to contemporary African-American society, which provides a more in-depth range of material and deeper level of understanding in regards to the African-American experience in America."

Those words, plus the huge "Black Lives Matter" banner in Mr. K's classroom say it all. Mr. K has been in Spokane and teaching at North Central for three years. A Chicago native, he received his Bachelor of Arts degree in Philosophy with a minor in Literature, concentrating on Africana philosophy and African American literature.

Riley Moore and Mary Fruchter co-teach the Native American Lit course. Jointly, they say, "This elective gives students an opportunity to experience a new perspective, and sometimes this is uncomfortable, but this opportunity to process new ideas and to experience discomfort is part of the class. Students are challenged to reflect and think about themselves, others, society past and present, and the impact their culture has had on other cultures, or the impact other cultures have had on their cultures, and this ultimately leads to a broadened perspective."

Mr. Moore has been teaching at North Central for 18 years. Ms. Fruchter has been teaching for 18 years, and this is her second year at NC

High and in Spokane. Portraits of the great Native American Chiefs and of Mr. T in full bling-and-Mohawk mode preside over their classroom, and we mentors can testify that Ms. Fruchter makes a mean gumbo.

Asked what benefits they hope for from the Human Chorus Project, the teachers agree that the project is a great way for students to raise a newly acquired voice within a new community. They say the best part of the Human Chorus Project for students is being a part of something bigger than themselves and understanding how the fibers of a community are built and intertwined. They want their students to feel that they have a voice that needs to be heard.

We mentors have shared among ourselves how barren our own high school education was of any real narrative of either Black or Native American history, as if the thousands upon thousands who watered American soil with their blood and sweat and contributed enormously to the art and culture and even the military defense of America, simply did not exist.

It is clear to me, after spending time in small groups with the students in both courses, that students of color and White students alike do understand concepts of empathy, courage, and fairness. I think the value of the opportunity to delve into the literature of differing cultures cannot be overstated. I commend the dedicated teachers at North Central and Brooke Matson of Spark Central for making the Human Chorus happen.

On April 9th, at 7:30 p.m., our community will have a wonderful opportunity to support the NC High Human Chorus Project students. That evening, the book release for their anthology will include readings from their work, and they will share the Civic stage with the ever-inspirational Power2The Poetry. It will be an unforgettable evening, and it is free and open to the public. Prepare to be amazed!

The North Central Human Chorus Students will join Power 2 the Poetry to share their work on April 9 at 7:30pm at the Civic Theater.

Simply Wholesome: A Conversation with Percell Keeling - Part 1

Continued from Page 10

Were you a business minded kid?

I was always business minded and I think I got a lot of influence from my dad, because my father was independent and his father was independent. They did their own thing. My father used to have a saying, one bird in the hand is better than two in the bush and I used to always hear him complain about somebody sweating him when he would work a regular job.

Was it the restaurant that you initially wanted to do or did you do other things first?

I did other things first. Everything I did is what I wanted to do. I worked in a friend of the family's liquor store going through college. I sold real estate, but I didn't make any money because nobody wanted to give me the opportunity because I was so young. I did make one sale though. And then I took real estate classes on how to sell, because selling is an art. You learn how to turn a rejection around.

I had a lawn cutting business when I was eighteen. I bought a truck and I hired a friend that I knew in high school and I picked up some accounts. In the mornings before school we would cut lawns. I was always being a hustler. From that sense. I've always been the type of person, I realize now, that is a true entrepreneur.

What is it that you think makes someone a true entrepreneur? What makes you different?

Not everybody's not cut out to be an entrepreneur. A true entrepreneur, in my opinion, is born. They're not taught. I think it's being a visionary and wanting to be independent and to do your own thing. A lot of times when you do the opposite of everybody else, you're on the right track.

People are taught if you go to school and get an MBA, or get this, that or the other, you'll be a good business person. I don't believe that. Somebody with an MBA or PhD cannot come in here and run this business because it changes every second.

A true entrepreneur is somebody that is a natural salesperson. They have the type of personality where people gravitate towards them and people can see if they are for real or not. A lot of individuals I've noticed over the years have the education but they don't have the people skills. So, they turn people off. You can get somebody once, but the key in business is to get them to come back again and again, and then to tell somebody else, and then the one they told comes in. If you have a good reputation and people feel comfortable, then they've already sold their friends on you.

Where did the inspiration for Simply Wholesome come from?

It came by accident. What really convinced me that I needed to do my own thing. I was about 21 years old and my mother had worked for Pacific Bell for 30 years. They were having an early retirement and buy-out and she decided she was gonna take the buyout and leave. I remember going to her retirement dinner. I didn't really know what to expect but I sat there and at the end I remember they gave her a gold pen and pencil set and a certificate with a gold ring around it with her name stamped on it. For 30 years of service.

I remember as a kid that sometimes she'd be stressed out because we were living in Inglewood and the office was in downtown L.A. and sometimes the freeway would be



heavy or there'd be an accident or whatever, and they used to dock them if you were five minutes late. She would be stressing. I remembered I saw that and I said to myself, I'll be damned if I work for 30 years for somebody and then they go off in their basement, look in a drawer, pull out a pen and pencil set, get a certificate, stamp my name on and hand it to me. I'd rather sell newspapers on the corner and be my own man. So right there, at 21, I realized, I don't know what I'm going to do, I didn't have any idea what I wanted to do, but I knew I didn't want to work no job for somebody else.

So what did you do?

After college I started selling athletic equipment to the high schools and universities. I was training for the 1980 Olympics during that time and I sacrificed a lot doing a lot of running and stuff, wanting to try to go to Olympics. Well to make a long story short we had the boycott of the Moscow Olympics. I was so disillusioned. I realized I had wasted four years and somebody else had made a decision on my outcome.

So, I went into selling my athletic equipment full time and I was still lifting weights at this spa called Jack LaLanne European Health Spa and for whatever reason, I walked in one evening and the guy that owned the little nutrition center asked me are you interested in buying this business.

Were you able to buy it?

I'd always been a saver and always my philosophy was to pay yourself first and then you pay everyone else.

I remember one experience. I think I was like about 20, and I was working somewhere and I think I was making one hundred and fifty dollars a week or something. I used to say, okay, I'm saving twenty-five dollars a week, five dollars a day, I'm going to keep for myself and the rest of the money, the other hundred twenty-five dollars, I would pay whatever little bills I had. I broke it down like that. And I remember every Monday I used to go to the savings and loan and put twenty-five dollars in my savings account.

I remembered this sister was a teller. She was a little cutie pie. I didn't know her, but I just knew she was cute every time I would come in there. She got me one day and she looked at me and she said, "you come in here every week and put in twenty-

five dollars." She said, "why don't you wait until the end a month and at least put a hundred dollars in." I was so embarrassed, but I continued and as I made more money, it went to thirty-five, fifty, one hundred, whatever, as I made more money. And I never touched it. If I ran out of my messing around money, then I was out until the next payday.

How long did you do that?

At least five years, because when I bought the nutrition center, when the guy offered it to me it was 1981, and when he asked me if I wanted to buy it, I had the money. I was 27.

What happened next?

I was still selling athletic equipment after I bought the nutrition center. I hired a young lady that I knew to work during the day and then at six o'clock in the evening I would come in and close up.

Well, I don't know if you remember, but the Aerobics craze hit and the 10k, 5k craze hit in the early 80s. I started seeing more people coming in and average people coming in to work out. Whereas in the 70s, the only time you would see people in the gym were guys that were athletes. You didn't see people out running and you definitely didn't see sisters out there running, messing up their hair and all that. They weren't doing that at all. I started seeing the transition and the business started picking up.

In 1984, I was running up the street here at Overhill and I was crossing the parking lot across the street on my way home. I saw a sign in the window and it said for rent. I ran past with my partner but when I got to Angeles Vista something hit me in my chest and said you need to turnaround. So, I turned around and memorized the number. I ran home and called. I got the place.

Why did you want another place?

When I was in Jack Lalanne, one thing that I realized was that I had to only sell their products. Their products were very expensive and weren't that good. Because I was getting involved in the business, I started knowing about other products that were better and cheaper, but I couldn't sell them. So I wanted to be on my own.

That place was across the street. It was a thousand square foot building. It was gonna be a nutrition center. I didn't have a kitchen, so we made sandwiches, and I had

a 300 square foot store, and then I had my pastries and everything like that

What was the new place called?

It was called Simply Wholesome. I came up with that name. My other spot was called The Nutrition Center. The name came in a dream. Two different nights.

About three weeks prior to me opening, I was feeling the pressure that I had to come up with a name and get it to the sign people so they could make it and put it up. I didn't want to name it The Nutrition Center because it sounded so bland. So I was sweating.

I don't know if you've ever experienced when you're sleeping, but even when you sleep your mind is still clicking like a computer. It was doing like that. One day I woke up and simply popped in my head. It said simply. Simply. Simply. I couldn't think of anything else after that but I liked simply. Maybe a day or two later, I don't remember exactly, I woke up and wholesome popped in my head. I said Simply Wholesome, Simply Wholesome and it sounded so perfect, so right.

I knew I had seen it or read it or somewhere, so I got up and I called 411 and said could I have the number for Simply Wholesome. No listing. I called all these different area code and they kept saying "no listing", "no listing." So, I said that's that's the name, Simply Wholesome, and Simply wholesome was born.

What was your vision for it?

Just to survive. You know, to be honest with you, I didn't have no major road map, I was just trying to survive. You know, pay my bills, try to have a little bit for myself and keep it moving.

It just hit me, now that I look back at it, the main reason that I opened up Simply Wholesome was because I was talking to a friend of mine at my apartment. At the time, I still had The Nutrition Center and I told him, I said "Michael, somebody needs to open up a health orientated restaurant in the community because I'm getting tired of driving outside the community to find something halfway decent to eat."

This young man knew me in high school and college, and he looked at me and said, "you know what your problem is Percell?" I said, "no." He said, "your problem is you think too small." He said, "man I've known you since high school and you make just enough money to get by."

I never thought about it from that perspective. He saw my talent and I was doing it, but on a subconscious level, I didn't see it. Then he started breaking it down. "You know you've done this in college, you've got the nutrition center, you've done this, you've done that." And he was right. I was single, making a decent amount of money for rent, my car, my party money, this that and the other. I wasn't thinking about stretching out. But he saw it.

When he said that to me, it made me think and that's what motivated me. He put that seed in my head. I wasn't really focusing stretching out, but it was the seed that he set there. He blossomed that seed.

So how did you get this place that you're in now?

Well that's is a very interesting story too. . I had been across the street for eight years and it was time for me to renew my lease....

Part two of my interview with Percell Keeling will be in the May issue.

OUR VOICES

Reparations Now for ADOS: The Paradigm Has Shifted

By Amara Wilson

(Spokane) It's a new day Black Family and the “movement” is once again back on and popping! We are proudly calling ourselves ADOS. The acronym ADOS methodically stands for American Descendants Of Slaves. ADOS is the brainchild of two very prominent voices within the Black Activists community, Yvette Carnell with “Breaking Brown News” and Antonio Moore with “ToneTalks” (you can catch their brilliant ADOS commentary on their individual youtube channels or www.tonetalks.org & www.breakingbrown.com).

For 3 years and counting both Yvette and Tone have been in the forefront of reshaping and breathing life back into “The Black Agenda” and our specific needs as a specific group in America. The Black Descendants of those enslaved in the United States are demanding (note the word demanding as opposed to asking) that the US Government finally make good on and set forth intellectual policies to ensure that each and every ADOS person get their due REPARATIONS.

What are reparations? Reparations come from the root word “Repair”. The critically thinking ADOS minds have collected a myriad of data which shows startling facts that by 2053 if the United States govt. doesn’t repair Black Folks and put back the wealth it has continuously stolen from its American Descendants Of Chattel Slaves, we will by all means become obsolete.

Financial analyst and long time reparations advocate Dr. Claud Anderson is yet another great reference when it comes to understanding the inflicted financial perils of ADOS. Reparations is not a hand out. So forget the notion that we are begging. Reparations for ADOS is America’s longest standing overdue delinquent unpaid debt for our 200 plus year free hard labor AND for accrued disadvantages.

This country owes us so much more than passive commissions like H.R.40, a bill to study and develop reparation proposals for African Americans. Or H.R.1242 to commemorate the 400th anniversary of the arrival of Africans in the English colonies. Please do not fall prey or be tricked by any of these bills. It’s all too apparent bills like this are a mind trick to keep us docile, distracted and in a deep slumber.

Come on Family, I’m going to need you to activate that big beautiful Black brain and use critical thinking on this. Ask yourselves, why is America wanting to “establish” and or “commemorate” 400 years of African-American history since the entry point of our kidnapping in 1619? What is the sense and purpose of commemorating a group of people that white supremacist America has never stopped killing, robbing and cheating?! If the United States of America wishes to honor us and our very rich history, then they must first AGREE and ACKNOWLEDGE our first arrival was in 1555 and that you still have not paid us for our record contribution.

What is the importance of these first 64 years? Well for one that is the length of time it took our captors to fully dehumanize, subdue and oppress us into inanimate objects. They reduced us into mere tools to do their bidding and make them hoards upon hoards of capital wealth setting them at the very top of the economical food chain. Comprehending reparations for ADOS really isn’t complicated at all, if we are in the practice of compensating someone for their property, then why wouldn’t we compensate the group of people America made into wealth generating property?!?!

One must ask themselves, how are the very people who built this country with their blood, sweat and tears for free ... WITHOUT PAY for more than 200 years facing economic extinction?!



Hey Fam, did you know that during the height of slavery, 1 slave with 3 years work experience on them was worth the equivalent of a HOUSE?! Think about that for a moment, our bones literally held a value which they bought sold and traded at will to ensure and secure their wealth for generations to come. Evidence of yesteryear’s white slave wealth can still be seen all around us today. How many of you have heard of the “Great Wealth Transfer” about to take place? They are calling it the biggest wealth transfer in history. Statistics show that white baby boomers are about to pass down an estimated \$68 trillion in record breaking assets. How much of that \$68 trillion is being “passed down” to ADOS families or by ADOS families? Let me help you while you think...white baby boomers control 70% of all disposable income in America.

Reparations for ADOS must be recognized and compensated IN FULL. Unless we receive what is and has always been rightfully ours we won’t be able to compete nor sustain ourselves in society as we know it. The old adage of “40 Acres and a mule” never happened and has since become a long running joke in both the minds of white America and the Black Community.

But the paradigm has shifted and the ADOS community has strategically positioned itself with 19 mos. and some days away from the next presidential election posing 2 very important questions to any and all presidential candidates.

1. What are your thoughts about / do you have a Black Agenda?
2. “What do you think about Reparations for the American Descendants Of Slaves?

Thus the popular hashtag #NO BLACK AGENDA NO BLACK VOTE.

So far neither Kamala Harris, Corey Booker or the great white hope Bernie Sanders has been able to respond intelligently when directly asked to speak on these subjects. Instead they dodge the questions all together by bringing up other groups of people like DACA (Deferred Action for Childhood Arrivals) youth or nervously blurting out things like, “I’m not going to do anything just for Black People” and stuttering and stammering “I don’t know, I don’t know. What is reparations?”

Don’t believe me? Just tap into Vicki Dilliard, she is another passionate ADOS Activist. Catch Vicki on FlyNubianQueen.com every Mon. – Fri. 3:30pm, Pacific Time. View her videos of Bernie on the breakfast club giving botched insensitive interviews, listen how he mumbles and double talks about what he does and does not want to do for the Black community.

Incidentally, Sanders has worked on and signed petition(s) to set in motion and continue giving reparations for the Jewish Holocaust. Or how about AIPAC (American Israel Public Affairs Committee). Do you know about this Jewish American organization? AIPAC is a lobbying group which advocates pro-Israel policies to congress and the executive branch of United States. An estimated 3.5 million annually (not including the monies given to fund Israel’s wars) leaves American soil and goes into the hands of holocaust survivors in Israel. How much longer is America going to pay reparations to Jewish Holocaust survivors, while at the same time raping, pillaging and burning the ADOS community?

Listen Black Family, for decades now Bernie Sanders has supported policies that helped and aided the Jewish community (ie. *his* community) to repair and sustain themselves. So the next time you catch him saying, “I don’t know, I don’t know..what is reparations?”, simply remind yourself that if BS understands and knows what reparations look like for the Jewish community, then he can also easily understand it when it pertains to ADOS. In fact, he can just pull up one of AIPAC’s most recent successful bills and simply replace AIPAC with ADOS!!

Bottom line Family, WE ARE next and at the very top of America’s “to do” list! DO NOT let them distract you with anything less (because they will try!) than us finally getting in hand tangibles & exactly ALL it takes to enjoy the sort of lives and wealth we’ve seen our white counterparts enjoying. America must correct and pay for it’s blatant malfeasance of the ADOS community. This is not a game nor are we asking. ADOS demands America pay in full its oldest outstanding debt. A 464 year debt brimming with travesty and detriment of American descendants of chattel slavery and it must happen right now.

Many of us fell for Obama and the color of his skin, but you see where that got us. Hell, it was only through ADOS that I realized how / why Obama could hold 8 years in office and do very little to nothing for us at all ... He is not an ADOS, therefore could care absolutely less when it comes to Black Descendants of those enslaved in the United States.

I am certainly not encouraging any of you not to vote when the time comes, but I am saying politics are truly a business of exchange. “What are you going to do for me if I vote for you?” I ask that you keep this and our owed reparations in the forefront of your minds during these 19 months leading up to the next presidential election. Black Folks haven’t been in this position of power over our vote in a very long while. Be wise with your vote!

Long story short, we ain’t got no more time to wait or allow them to keep putting us off. Check out Antonio and or Yvette to hear latest statistical data about the underlying hard truths about the illusion of Black Wealth. The Jewish community has been and continues to receive monies from the American Government. Native Americans are presently getting paid, and in the late 80’s America taxed its citizens to pay for reparations that went to the Japanese for throwing them in the internment camps.

Restitution. Retribution. WE WANT OUR REPARATIONS! The Jig Is Up! And in the infamous words of Dr. King, “When we march on Washington, we coming for our check!”

#CUTTHECHECK
#UNTILYOUDORIGHBYMEEVERYTHINGYOUTH-
INKABOUTISGOINGTOCRUMBLE
#TANGIBLES2020
#NOBLACKAGENDANOBBLACKVOTE

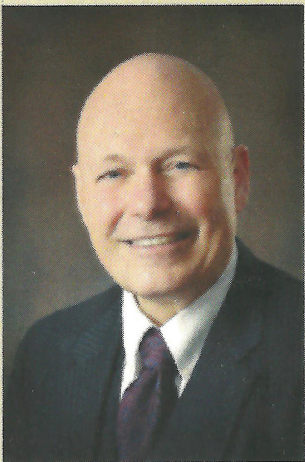
**Disclaimer: non of my comments regarding Bernie Sanders or AIPAC are anti-semitic*

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WA & ID



Direct 509-939-6420
Fax: 1-800-520-5794
rgilles@gillesrealty.com
1608 N. Monroe
Spokane, WA 99205

Put our experienced team to the test!

Are You Interested In A Career in Real Estate? Call Me.



Job
Openings

FACILITIES MAINTENANCE - TRANSITIONS

Full time Facilities Maintenance Staff position at Transitions, a local non-profit.
Visit www.help4women.org for complete job description and how to apply. Open until filled. EOE

HOUSE COORDINATOR - MIRYAM'S HOUSE

Part time - 20-25 hours a week. Administrative support and house coordination for a transitional living program for single women.

Interested applicants should follow directions as detailed on our website: <http://help4women.org>.
Positions are open until filled.

Transitions values diversity in its work force and is committed to Equal Opportunity and Affirmative Action

Career Opportunities
SPOKANE

Long established manufacturing company is seeking energetic and hard-working individuals for management, sales, office, machine operators and laborer positions. To view all of our current openings, please visit our website www.SCAFCO.com and/or CWallA, our authorized distributor of SCAFCO products www.CWallA.com to fill out an application.

You can also send your resume to SCAFCO at 2800 E Main Ave
Spokane, WA 99202.

Benefits Package Includes:
Medical, Dental, Vision Insurance, Vacation, Excellent 401(K) and Profit Sharing.







Spokane

Starting a Business?
Get Free
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www.scorespokane.org
509.353.2821
scorespokane@gmail.com

To advertise your employment opportunities in the Black Lens call 509-795-1964 or e-mail sandy@blacklensnews.com

APRIL EVENTS

APRIL 9

FUSE SPOKANE - DIVERSE VOICES BOOK DISCUSSION
April Book - "Not That Bad: Dispatches from Rape Culture by Roxane Gay (editor)
New York Times Bestseller. Edited by Roxane Gay, author of Bad Feminist and Hunger, this anthology of first-person essays tackles rape, assault, and harassment head-on.
6:30pm -8:00pm
Shadle Library
2111 W Wellesley Ave, Spokane 99205
Questions email Erin at EJToungate@gmail.com

APRIL 11

JUSTICE NIGHT
Speak with an attorney. Free Consultations in these areas: LFOs (Legal Financial Obligations), Housing, Juvenile Law, Family Law, Seal/Expunge/Vacate Convictions, Police Accountability. NO CRIMINAL LAW.
5:30 pm
Center for Justice
35 W Main, Spokane 99201
Cost: Free
Sponsored by Center for Justice. For more information call 509.835.5211 or visit their website at www.cforjustice.org.

APRIL 11

2019 INLAND NORTHWEST FAIR HOUSING CONFERENCE
Join the Northwest Fair Housing Alliance for this educational event held every April for Fair Housing Month.
8:30am - 4:15pm
Spokane Convention Center
334 West Spokane Falls Blvd, Spokane
Registration is open at: <https://2019inlandnw-fairhousingconference.eventbrite.com>

APRIL 15

NAACP 100TH ANNIVERSARY CELEBRATION
Join the Spokane NAACP as we celebrate our 100th Charter Anniversary. The Spokane NAACP started meeting in Calvary Baptist Church. The Featured Speaker is Kiantha Duncan, Program Officer, Empire Health Foundation & Spokane NAACP Member-at-Large; Entertainment: Power2thePoetry. Dinner Buffet will also be provided.
6-8pm
Calvary Baptist Church
203 East Third Avenue, Spokane WA
For more information contact the NAACP at 509-209-2425.

APRIL 20

IT'S NOT A GAME TOUR
One Vision Army and Freedom Ministry will be partnering up with the RMG "ITS NOT A GAME TOUR", featuring Derek Minor, Canon, Kurtis Hoppie and DJ Kinect!! With Special Guest Antwoine Hill and Young Bro! and
6:30 (Doors open at 5:45pm, 6pm meet & greet)
Bing Crosby Theater
901 W Sprague Avenue, Spokane, 99201
Tickets available through TicketWest. General admission \$15 /Meet and Greet \$25!!

APRIL 25

EWU - COMMUNITY CONNECTIONS Reclaiming Black Excellence
Is Black History or Black Studies Relevant in 2019?
7 - 8:30pm
Spokane Public Library - South Hill
3324 South Perry, Spokane
Free and open to the public. For more information contact the Africana Studies Program at EWU, 509-359-2205.

APRIL 26

YWCA STAND AGAINST RACISM No Hate. No Fear. Immigrant Justice is Racial Justice
Each year, the YWCA Spokane's Racial & Social Justice Committee organizes our Stand Against Racism event, joining over 250,000 people across the country as they take a Stand Against Racism through YWCA USA's national movement.
4 - 5:30pm
Empire Health Foundation Philanthropy Center
1020 W. Riverside Ave, Spokane 99201
Free to the public. For more information visit: <https://ywcaspokane.org/event/stand-against-racism> or contact Rachel Bechtol at 509-789-9304 or rachelb@ywcaspokane.org.

APRIL 27

AFRICAN AMERICAN GRADUATION Young, Gifted and Black.
Join us for the 23rd annual African American Graduation, a cultural salute for our community to come together and to honor the outstanding academic achievements of African American students from K-12 schools, colleges and universities in Spokane and surrounding areas.
2pm
Gonzaga University Hemmingson Center Ballroom
702 E Desmet Ave, Spokane, WA
For additional information please contact Dr. Claudine Richardson at 509.533.3546 or email aagradspokane@gmail.com or visit the African American Graduation Spokane Facebook page (<https://www.facebook.com/AAGradSpokane/>)

JUNE 1 & 2

2019 POLICE CITIZENS ACADEMY
If you've ever wanted to know more about police procedures, police training, body worn cameras, use of force, Internal Affairs, K9, SWAT, Major Crimes investigations—the Citizens Academy is your opportunity! Various SPD leaders and department instructors will be on hand to answer your questions.
Saturday 9:00am – 4:30pm
Sunday 9:00am – 5:00pm
SPD Academy
1100 N. Waterworks, Spokane 99212
The class is free. Please register with Alaina Gump: agump@spokanepolice.org. For more information, go to: <https://my.spokanecity.org/e/citizen/training>.

SAVE THE DATE

9th Annual Juneteenth Celebration Weekend

Friday, June 14
Pillar Awards

Saturday, June 15
Community BBQ at Liberty Park

Sunday, June 16
Father's Day Brunch

More info to come at <http://www.inwjc.org>

Send information about upcoming community events to sandy@blacklensnews.com.

SAVE THE DATE

Carl Maxey Center Annual Meeting

Saturday, May 18

10am - Noon

3116 E. 5th Avenue, Spokane

You are invited to join the Board of the Carl Maxey Center as we celebrate and report back to the community about our Activities over the past year and ask for your feedback on plans for the future.

carlmaxeycenter.org

STAND AGAINST RACISM

eliminating racism
empowering women
ywca
SPOKANE

April 26

JOIN US

COURAGEOUS CONVERSATION: **No Hate. No Fear. Immigrant Justice is Racial Justice.**

LOCATION: **Philanthropy Center
1020 W Riverside Ave**

WHEN: **Friday, April 26th
11:30am - 1:00pm**

RSVP: **ywcaspokane.org/sar2019**

QUESTIONS: **509-789-9312
community@ywcaspokane.org**

Stand Against Racism is a Signature Campaign of YWCA USA. YWCA is on a mission to eliminate racism, empower women, stand up for social justice, help families, and strengthen communities. Over 250,000 people across the country take a Stand Against Racism each year, thank you for joining YWCA Spokane on April 26th for our local stand.



We are celebrating our 100th Charter Anniversary!

**Spokane NAACP was chartered on April 14, 1919
Meetings were initially held at Calvary Baptist Church**



Calvary Baptist Church and congregation, 1919. Courtesy of Jerrelene Williamson, Images of America: African Americans in Spokane, p 34.

**Join us to celebrate our 100th on
Monday, April 15, 2019, 6:00 – 8:00 PM
Calvary Baptist Church
203 East Third Avenue, Spokane WA
Dinner Buffet provided**

**Featured Speaker:
Kiantha Duncan,
Program Officer, Empire Health Foundation
Spokane NAACP Member-at-Large
Entertainment: Power2thePoetry**